

Jamaican-Style Steamed Cabbage

Serves 12
Prep time: 15 minutes
Cook time: 15 minutes



INGREDIENTS

- 1 head cabbage
- 1 tablespoon coconut or vegetable oil
- 4 carrots, sliced or shredded
- 1 onion, chopped
- 3 cloves of garlic, minced (or 1 teaspoon garlic powder)
- 1 sweet bell pepper, chopped
- 3 sprigs fresh thyme (or 1 teaspoon dry)
- 1 teaspoon salt (or to taste)
- 1/4 cup coconut cream or butter
- 1 Scotch Bonnet pepper, or 1/2 teaspoon crushed red pepper flakes (or to taste)
- Optional: For protein, add shrimp, salted cod or butter beans

DIRECTIONS

1. Remove outer leaves of cabbage; cut into four, and thinly shred
2. Heat oil in large skillet on medium-high heat.
3. Sauté cabbage, carrot, onion, garlic and bell pepper; cover.
4. Let cook for 10 minutes; stir.
5. Add thyme, salt, coconut cream and hot pepper; stir and taste.
6. Cover and allow to cook for about minutes stirring occasionally; adjust seasoning if desired.
7. Serve hot with steamed rice to complete the meal.

Adapted from HealthierSteps.com



**Greater Cleveland
Food Bank**

Jamaican-Style Steamed Cabbage

Serves 12
Prep time: 15 minutes
Cook time: 15 minutes



INGREDIENTS

- 1 head cabbage
- 1 tablespoon coconut or vegetable oil
- 4 carrots, sliced or shredded
- 1 onion, chopped
- 3 cloves of garlic, minced (or 1 teaspoon garlic powder)
- 1 sweet bell pepper, chopped
- 3 sprigs fresh thyme (or 1 teaspoon dry)
- 1 teaspoon salt (or to taste)
- 1/4 cup coconut cream or butter
- 1 Scotch Bonnet pepper, or 1/2 teaspoon crushed red pepper flakes (or to taste)
- Optional: For protein, add shrimp, salted cod or butter beans

DIRECTIONS

1. Remove outer leaves of cabbage; cut into four, and thinly shred
2. Heat oil in large skillet on medium-high heat.
3. Sauté cabbage, carrot, onion, garlic and bell pepper; cover.
4. Let cook for 10 minutes; stir.
5. Add thyme, salt, coconut cream and hot pepper; stir and taste.
6. Cover and allow to cook for about minutes stirring occasionally; adjust seasoning if desired.
7. Serve hot with steamed rice to complete the meal.

Adapted from HealthierSteps.com



**Greater Cleveland
Food Bank**