

Callaloo has been consumed for thousands of years, it is an ancient green leafy vegetable also known as amaranth. It is similar to spinach but has a stronger flavor, Purchase callaloo in Caribbean, Asian, and/or international supermarkets.

Ingredients

- 4 cups mustard greens, chopped and tightly packed
- 1 tablespoon olive oil, or coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 green onions, chopped
- 2 sprigs thyme
- 1 medium tomato, chopped
- Salt to taste
- 1 Scotch Bonnet pepper, whole or 1/4 teaspoon cayenne pepper
- 2 tablespoons water



Directions

1. Peel outer membrane of each stalk of callaloo and remove outer old leaves. Place callaloo in a bowl and cover with cold water, place 1/2 tsp salt and set aside while preparing remaining vegetables. Discard water then rinse with water and drain. Chop callaloo
2. Place oil in a large pot, add onion, garlic, spring onion, thyme, tomato, and scotch bonnet pepper on medium heat, sauté; until onion is translucent. Add callaloo and water, allow to simmer on low heat for 5-10 minutes or until tender.