

Jamaican Steamed Cabbage



Ingredients

- ½ medium head cabbage, washed
- 1 medium carrot, washed
- 2 teaspoons olive oil, or coconut oil
- ½ medium onion, chopped
- 2 cloves garlic, minced
- ¼ Red bell pepper, chopped
- 2 sprigs fresh thyme, or 1/4 teaspoon dried
- 2 green onions
- ½ teaspoon salt
- ¼ cup water, or vegetable broth
- 1 whole Scotch Bonnet pepper (optional)

Directions

1. Remove outer leaves of cabbage, cut in half, using a knife slice thinly discarding the inner core. Shred or thinly slice the carrot.
2. Heat oil in a large skillet on medium-high heat. Sauté onion, garlic, bell pepper, thyme, green onion, and salt
3. Add cabbage and carrots and stir well. Add water or broth and whole Scotch Bonnet pepper.
4. Cover and allow to cook for about 10 minutes stirring occasionally.