

Callaloo

Callaloo is a Caribbean dish traditionally made with amaranth greens. You can use spinach or collard greens instead. Try it spicy with a jalapeño pepper or sweet with a bell pepper! The coconut milk makes this Callaloo very creamy. **(Makes 6 servings)**



Ingredients

- 1 medium onion
- 1 small sweet potato
- ½ medium bell pepper or 1 small jalapeño pepper
- 1 clove garlic
- 1 sprig thyme or ½ tsp dried thyme
- 2 TBSP olive oil
- 1 large pinch salt
- ¼ tsp black pepper
- 1 pound spinach or collard greens (about 8 cups)
- 1 cup coconut milk

Steps

1. Chop the onions, sweet potato, and pepper into small bite-sized pieces.
2. Finely chop or crush the garlic.
3. Remove the leaves from the thyme sprig. Discard the stem.
4. Heat a large pot on medium heat. Add the olive oil to the pot.
5. Add the onions, sweet potato, garlic, fresh pepper, thyme, salt, and black pepper to the pan. Saute until the sweet potatoes are soft, about 10-15 minutes.
6. Stack a few leaves of the greens on top of each other at a time. Roll them up lengthwise. Slice the roll into thin strips.
7. Add the strips of greens and coconut milk to the pot.
8. Saute the mixture until the greens are soft and the coconut milk has boiled, about 5 minutes.

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