

Callaloo and Boiled Dumplings

Ingredients:

Serves 3

Callaloo:

- 4 cups chopped callaloo
- 1 Tbs olive oil
- 1 small onion chopped
- 2 cloves garlic minced
- 2 springs thyme
- 1 medium tomato chopped
- 1 scotch bonnet pepper
- 2 Tbs water

Dumplings:

- 2.5 cups all purpose flour
- 0.25 tsp salt
- ¼ cup fine yellow cornmeal
- 1 cup water



*SOY FREE



*VEGAN



Directions:

Callaloo

1. Peel the outer membrane of each stalk of callaloo and place in cold water with salt. Set aside and prep the remaining vegetables.
2. Drain and discard the water on the callaloo and chop it.
3. Place oil in a large pot, add onion, garlic, thyme, tomato, and scotch bonnet pepper on medium heat and sauté until onion is translucent.
4. Add callaloo and water and simmer on low for 5-10 minutes then serve

Dumplings

1. In a mixing bowl, add all dry ingredients and mix together until well combined. Create a well in the center of the mixture.
2. Slowly add the water into the well using hands to mix. Continue to knead the dough adding more water as needed. The dough should be sticky and wet. Knead for about 5 minutes.
3. Cut dumplings into pieces and roll them into balls, flatten slightly and fold edges into the center.
4. Bring a stockpot of water to a boil and carefully place the dumplings into the water. Boil for 20-25 minutes.
5. Remove dumplings from the water using a slotted spoon and place them on a plate to serve.

Nutrition Facts

3 servings per container	
Serving size	1.5 cups
Amount per serving	
Calories	540
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 107g	39%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 5.8mg	30%
Potassium 1380mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.