

# Jamaican Steamed Cabbage

## Ingredients:

- 1 Tbs oil
- 1 small onion, sliced
- 3 garlic cloves, chopped
- 1 tsp thyme
- ½ head of large white cabbage, sliced
- 1 medium carrot, julienned
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ scotch bonnet pepper, minced
- ¼ cup water
- 1 tsp all purpose seasoning
- 1 tsp ground black pepper



## Nutrition Facts

5 servings per container

**Serving size** **1 cup**

Amount per serving

**Calories** **140**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 150mg **10%**

Iron 1.1mg **6%**

Potassium 750mg **15%**

\*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.

## Directions:

1. In a skillet over medium heat add oil and saute the onion, garlic, and thyme for 2-3 minutes.
2. Add the cabbage, carrot, bell peppers and scotch bonnet. Continue cooking for about 5 minutes or until the cabbage reduces in size.
3. Lower the heat and add the water. Cover and steam for 10-15 minutes.
4. Remove lid and season with all purpose seasoning and black pepper.