

# Trinidadian Callaloo

8 Servings



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**OLDWAYS**

## Ingredients

- 1 tablespoon olive oil
- 2 (10-ounce) bags frozen spinach
- 1 (5-ounce) bag frozen okra
- 1 small winter squash (such as acorn or butternut), peeled, seeded, and chopped
- 1 large carrot, chopped
- 6 garlic cloves, minced
- 1 onion, finely chopped

- 7 sprigs of thyme
- 4 scallions, sliced
- 1 habanero pepper
- 2 cups low sodium vegetable stock
- 1 (13.5-ounce) can light unsweetened coconut milk
- 1½ teaspoons salt
- 1 teaspoon black pepper

## Instructions

1. Pour olive oil in a large saucepan on medium-low heat. Add spinach, okra, squash, carrots, garlic, onion, thyme, scallions, and habanero. Pour in vegetable stock, coconut milk, salt, and pepper. Reduce heat to low and let the callaloo cook for 1 hour.
2. Stir every 15–20 minutes to prevent food

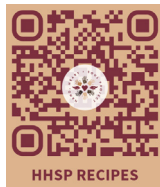
from sticking to the pan, being careful not to burst the pepper.

3. Remove and discard the habanero pepper, then taste and adjust seasoning before serving. (Note: If the soup is too thick for your liking, thin it by adding additional water)

*An Oldways recipe, courtesy of Brianne Brathwaite*



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