

Oldways Callaloo Soup

4 Servings

Ingredients

2 tablespoons butter or coconut oil
4 shallots, finely diced
2 large carrots, quartered and finely diced
2 habanero or scotch bonnet peppers, sliced in half and deseeded

Instructions

1. Heat the butter on medium-low heat in a soup pot or Dutch oven. Add the shallots, carrots, and peppers, and slowly cook, stirring occasionally for a good 5 minutes, covered, until the carrots are soft and the aromas are full-blast.
2. Pour 2 cups of the vegetable broth into your blender. Add two handfuls of greens and blend, until totally pureed. Keep adding greens, and as much broth as needed each time, until you've blended your bunch.

4 cups low-sodium vegetable broth
1 bunch or 16-ounce box of spinach (or callaloo if you can find it)
½ cup coconut milk
1 tablespoon ground allspice
1 teaspoon sea salt

3. Add the puréed greens and the rest of your vegetable broth to the pot. Add the coconut milk and sea salt. Cover and simmer on medium heat for 10 minutes, stirring occasionally.
4. Serve in a cup or bowl as a starter, side or main dish. The soup's delicious with a slice of bread for dipping.
5. *Note: Habanero and Scotch Bonnet peppers pack a ton of heat. Leave your peppers in the pot to lend their heat. Remove them once the soup is ready to be served.

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