



*Kitchen  
& Kaftans*

EVERYDAY COOKING. ELEVATED LIVING.

# Jamaican Steamed Cabbage

## Ingredients:

- Head of Cabbage, chopped
  - 2 cups of Water
  - 2 tsp Chicken Bouillon
  - 1/2 Sweet Onion, chopped
  - 1 Bell Pepper any color you prefer, chopped
  - 1 cup shredded carrots
  - 2 tsp Minced Garlic
  - 4 Tbsp Butter
  - 2 tsp Onion Powder
  - 1 tsp ground thyme
  - 1 tsp Paprika
  - 1 Scotch Bonnet Pepper
- \*optional: VERY SPICY PEPPER\*

## Instructions:

- Place cabbage in the bottom of a crockpot.
- Add garlic, onions, bell pepper and carrots.
- Add all spices and chicken bouillon.
- Add water.
- Add butter.
- Cook on high for 3 hours .
- After cooking for 3 hours, stir.
- Continue to cook on high for another 2 hours.
- Enjoy!

### **Note**

*If you prefer a spicier dish, add Scotch Bonnet Pepper.*