



Vegan Callaloo

(Inspired by flavors of Trinidad & Tobago)

Ingredients:

Extra virgin olive oil (EVOO)

5 cloves of garlic

1 large onion

1 large bag spinach

2 cans of coconut milk

2 cans of water

2 large carrots

1 acorn squash*

salt and pepper

*can substitute pumpkin for squash

Directions:

Cut onions, garlic, carrots, Prepare and cut acorn squash into chunks, removing the seeds.

Heat olive oil in a large pot, then add garlic, onion, and salt and pepper to flavor.

Stir and cook over medium heat until fragrant.

Add a handful of spinach 1 can of coconut milk, and 1 can of water. Cook spinach down, then add more.

Add carrots and squash to pot and stir. Then add second can of coconut milk and water, cook until carrots and squash are soft. Mix together, cover and let simmer for 15-20 minutes, stirring occasionally until vegetables are soft.

Add salt, pepper, or cayenne to taste.

Try more great recipes like this at Chef Greg's restaurant, The Land of Kush!

www.landofkush.com