

Trinidad Callaloo Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-callaloo-soup-recipe-easy>

Ingredients:

- 1/2 cup chopped onion
- 10 okra fresh, chopped
- 1 1/2 ounces salt pork or bacon, chopped
- 1 teaspoon fresh thyme
- 2 cloves garlic chopped
- 1 habanero chile fresh, seeds removed and chopped
- 1 cup scallions chopped
- 2 tablespoons coconut oil
- 8 ounces callaloo fresh callaloo, Swiss chard, or baby spinach leaves
- 2 cups chicken stock
- salt
- pepper
- 2 cups coconut milk
- 6 ounces crab meat fresh, picked over for shell bits
- long-grain rice cooked, or prepared foo-foo, plantain

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 45 milligrams
4. Fat: 46 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 34 grams
8. Sodium: 790 milligrams
9. Sugar: 8 grams

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