

Jamaican Seasoned Rice

Yield: 18 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-seasoned-rice-recipe>

Ingredients:

- 3 cups brown rice long grain rinsed
- 2 tablespoons coconut oil
- 1 medium onion finely chopped
- 3 cloves garlic minced
- 1 green onion
- 1/2 red bell pepper medium
- 2 sprigs fresh thyme or 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon ground allspice or 6 berries
- 1 small tomato chopped
- 1 medium carrot diced
- 1 cup pumpkin or butternut squash peeled and diced
- 1 cup cabbage or bokchoy chopped
- 1 cup callaloo chopped
- 15 ounces coconut milk
- 4 cups vegetable broth or 2 vegan bouillon, optional
- 4 cups water
- 1 Scotch Bonnet pepper or 1/4 teaspoon cayenne pepper
- 1/4 cup sweet corn kernels
- 1/4 cup green peas
- 15 ounces ackee drained
- salt to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 32 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 7 grams

7. Sodium: 270 milligrams

8. Sugar: 4 grams

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