

Jamaican Stew Peas

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 2 tablespoons canola oil or more
- 1 1/2 pounds smoked turkey meat, beef, oxtails, pig's tail
- 1/2 onion diced
- 3 scallions green onions
- 1 Scotch Bonnet pepper
- 3 teaspoons minced garlic
- 2 teaspoons allspice
- 2 teaspoons fresh thyme
- 1 1/2 teaspoons smoked paprika
- 1 bay leaf large
- 4 cups kidney beans cooked, or 2-3 15oz. cans rinse and drained
- 2 cups coconut milk
- 3 cups broth or more chicken or vegetarian
- salt
- white pepper
- 1 cup flour
- 4 tablespoons coconut milk /water or enough to form a soft dough.
- 3/4 teaspoon garlic salt or salt

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 140 milligrams
4. Fat: 60 grams
5. Fiber: 6 grams
6. Protein: 70 grams
7. SaturatedFat: 34 grams
8. Sodium: 2520 milligrams
9. Sugar: 5 grams

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