

# Jamaican Patties

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- crust
- 2 cups flour
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/4 cup margarine
- 1/4 cup shortening
- 1/3 cup water
- 10 pieces rolls
- margarine
- 1 pinch salt
- dough
- shortening
- 1 1/2 teaspoons curry powder
- 400 flour
- 1 onions small, chopped
- 3 stalks scallions chopped
- 1 teaspoon leaves
- 2 sprigs thyme
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons margarine
- 1/2 pound ground beef
- 1/2 cup bread crumbs
- 1/2 cup beef broth or water
- pepper Scotch bonnet, optional
- margarine
- onions
- 7 liquid
- pepper
- bread crumbs
- beef
- salt
- scallions
- thyme

- Equal Sweetener To make patties; Spoon, portions of filling on each circle. Fold over and press edges together. Using the tines of a f...
- 2 cups cabbage shredded
- 1 carrots medium, sliced thin
- 1 onions medium, sliced
- 1 bell pepper small, sliced
- 1 salt tespoon
- 1 teaspoon black pepper
- 1 tablespoon oil or butter
- 1 clove garlic chopped
- 1/2 teaspoon leaves
- 1 sprig thyme
- 1/2 cup water
- 1/4 cup Italian seasoned breadcrumbs
- black pepper
- veggies
- 3 liquid
- cabbage
- carrots
- onions
- salt
- oil
- Equal Sweetener To make patties; Spoon, portions of filling on each circle. Fold over and press edges together. Using the tines of a f...
- veggie patties
- vegetables
- squash
- broccoli
- cauliflower
- jamaica 's national dish and Jamaica's favourite snack in one bite.
- 1/4 cup Italian seasoned breadcrumbs
- ackee
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## **Nutrition:**

1. Calories: 1410 calories
2. Carbohydrate: 138 grams
3. Cholesterol: 40 milligrams
4. Fat: 83 grams
5. Fiber: 16 grams
6. Protein: 32 grams
7. SaturatedFat: 19 grams
8. Sodium: 2770 milligrams
9. Sugar: 12 grams
10. TransFat: 7 grams

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