



Jamaican Steamed Cabbage Recipe

This Jamaican Steamed Cabbage Recipe is an easy to make flavorful side dish.

Ingredients

- 1 small cabbage
- 1 half onion sliced (optional)
- 1 half red bell pepper
- 1/2 Cup Shredded Carrot
- 1/2 tsp. Salt or to taste (optional)
- 1/4 tsp. Black Pepper
- 1/2 tsp. Garlic Powder
- 1 Tbsp. Vegetable oil

Instructions

1. Cut half onion into quarter inch slices if desired
2. Cut cabbage into thin slices or shred
3. Sliced Red Pepper

4. Heat pan to medium-high heat. When the pan is heated add oil to the pan. Add shredded cabbage and vegetables to the pan and sauté 3-5 minutes.