

delicious dish

Hot Jamaican Nights
Grocery, Tool List and Prep list

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
classic jerk chicken	2 medium onions 4 green onions Fresh thyme 2 scotch bonnet chilies, or another kind of hot fresh chili Fresh ginger 6 cloves garlic 1 whole chicken cut in 8ths	Whole cloves or ground cloves Allspice Ground nutmeg Ground cinnamon	Food Processor mixing bowl	
Jamaican “rice and peas” with quinoa and beans	1 small onion 2 cloves garlic Fresh thyme 3 green onions	grapeseed oil Ground allspice 1 can black beans, 2 cups UNCOOKED quinoa 1 can coconut milk	pot	drain and rinse black beans open the coconut milk can