

## [RECIPE FOR JAMAICAN CABBAGE](#)



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Peel tough outer leaves from cabbage, core the head, and shred cabbage. Heat olive oil in a large skillet over medium high heat; Raise heat to high. Stir onion, green bell pepper, and green onion in the hot oil and cook until vegetables have softened, about 5 minutes, stirring often. Stir thyme, Scotch bonnet pepper, and salt into onion mixture.

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