

# Callaloo

## Ingredients:

- 1 bunch fresh spinach, chopped
- 2 ounces salt pork, chopped
- 8 ounces coconut milk
- 5 cups water
- 1 lg. onion, finely chopped
- 3 cloves garlic, minced
- 8 ounces chopped okra
- 8 ounces crab meat

## Directions:

Place first 6 ingredients in a large stew pot and simmer until the salt pork is tender. Then add the okra and crab meat. Simmer for 5 minutes and season with salt and pepper.