

Ingredients

Peas' n Rice

- 2 tbsp vegetable oil
- 1 medium onion, finely chopped
- 1 medium green bell pepper
- ½ cup smoked ham chopped into small pieces
- 2 dozen red grape tomatoes
- ¼ tsp fresh thyme
- 1 tsp tomato paste
- 1 15oz can of green

pigeon peas

- 1 ½ cups water
- 1 tsp chicken bullion
- 3 cups mahatma

long-grain jasmine rice

Steamed Fish

- 2 lbs. filet snapper
- 2 tsp salt
- 1 habanero pepper
- 2 tsp garlic blend
- 2 tsp lemon pepper
- 3 limes
- olive oil spray
- 1 tsp olive oil
- ¼ onion
- ¼ bell pepper
- a handful of cherry tomatoes
- 1 tsp tomato paste
- ½ c water

Coleslaw

- 1 ½ c Cabbage
- 1 medium Tomato
- 1 tbsp grated onion
- ¼ tsp Salt
- ¼ tsp Black pepper
- 3-4 tbsp mayonnaise
- 1 tsp sugar
- 1 tsp lime

This is by far my favorite down-home meal!



STEAMED FISH, PEAS N' RICE & COLESLAW

Peas' n Rice



1. Heat oil in a large pot over medium heat. Add onion, & bell pepper, & cook until soft.
2. Add smoked ham & cook until lightly browned, about 4-6 minutes.
3. Add tomatoes, & thyme, & allow to simmer on medium-low for approximately 8-10 minutes, as all ingredients in the pot get richer in color. You can use your choice of ripe tomatoes. Stir in tomato paste.
4. Rinse and drain peas. Add ½ a can of peas, mash the remaining peas & add to the pot. Stir and allow to simmer for approximately 5 minutes
5. Add water, & chicken bullion & bring to a boil. Add rice, stir & reduce heat. Cover with a lid & cook for 15 minutes on medium-low. Remove the lid after 15 minutes, stir then cover with foil and lid. Allow cooking for 10-15 more minutes covered on low.

Steamed Fish

1. Season fish with salt, pepper, Mrs. Dash garlic blend, lemon pepper & lime.
2. Cover & allow to marinate x 2 hours.
3. Once marinated, arrange it on an olive oil-sprayed baking tray. Once arranged, spray with olive oil & place in the oven at 400 degrees on air fry x 13-15 minutes.
4. Once done, save drippings from fish to make gravy.
5. Add olive oil to a cast iron skillet on medium heat. Add onions & bell peppers. Once beginning to brown, add tomatoes & stir until wilted & yielding juices. Add drippings from air-fried fish & continue to stir for approximately 2-3 minutes, add tomato paste then add water.
6. Reduce heat to medium-low, & add fish to the skillet. Baste with gravy & allow to simmer for 5-7 minutes then remove from heat.

Coleslaw

1. Using a knife, slice cabbage thinly, chop tomatoes, & add to a bowl along with grated onions. Add salt black pepper, sugar, & lime. mix until all ingredients combined

Add peas & rice, steamed fish, & coleslaw to a plate, & enjoy!