

5 Simple, Soulful Meals for Everyday Cooking

QUICK, HEALTHY, AND SOULFUL MEALS THAT FEED
BOTH BODY AND SPIRIT. PERFECT FOR BUSY DAYS OR
WHEN YOU JUST WANT SIMPLE, TASTY FOOD.



Jamaican Callaloo & Saltfish Stir-Fry

SERVES 2 ● COOK TIME: 15 MINUTES

INGREDIENTS

- 1 cup shredded callaloo (or spinach)
- ½ cup flaked salted codfish (boiled & deboned)
- 1 small onion, sliced
- 1 tomato, diced
- 1 clove garlic, minced
- 1 tbsp coconut oil
- 1 slice scotch bonnet (optional)

DIRECTIONS

- Heat coconut oil in a skillet.
- Sauté onion, garlic & tomato for 2 minutes.
- Add saltfish and stir-fry for 3 minutes.
- Add callaloo; cook 5 minutes until wilted.
- Serve with boiled green bananas or breadfruit.
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Honey Garlic Chicken Bites

SERVES 2 ● COOK TIME: 20 MINUTES

INGREDIENTS

- 1 lb boneless chicken breast, cubed
- 2 tbsp honey
- 3 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp olive oil
- Salt & pepper to taste

DIRECTIONS

- Season chicken with salt & pepper.
- Brown chicken in a hot pan.
- Mix honey, soy sauce & garlic; pour over chicken.
- Simmer until thick & glossy.
- Serve with rice or sautéed veggies.

Creamy Coconut Pasta Pasta

SERVES 4



COOK TIME: 15 MINUTES

INGREDIENTS

- 8 oz penne pasta
- 1 bell pepper, sliced
- 1 cup coconut milk
- ½ cup grated parmesan (optional)
- 1 tbsp jerk seasoning
- 1 tbsp olive oil
- Salt to taste

DIRECTIONS

- Boil pasta until al dente.
- Sauté peppers with jerk seasoning.
- Add coconut milk; simmer 3 minutes.
- Stir in pasta & parmesan.
- Serve hot and creamy.

One-Pot Coconut Lentil Stew

SERVES 4



COOK TIME: 25 MINUTES

INGREDIENTS

- 1 cup dried lentils
- 1 carrot, chopped
- 1 small onion, diced
- 2 cups vegetable broth
- 1 cup coconut milk
- 1 tsp thyme
- 1 tsp curry powder
- Salt to taste

DIRECTIONS

- Sauté onion & carrot.
- Add lentils, broth & seasonings; simmer 20 mins.
- Stir in coconut milk; cook 5 mins more.
- Serve with rice or bread.

Sweet Potato & Chickpea Bowl

SERVES 2 ● COOK TIME: 25 MINUTES

INGREDIENTS

- 1 large sweet potato, cubed
- 1 cup canned chickpeas, drained
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp salt
- 1 handful of greens (spinach, lettuce, or kale)

DIRECTIONS

- Toss sweet potato & chickpeas in oil & spices.
- Roast at 400°F (200°C) for 25 minutes.
- Serve on greens with dressing of choice.