

Mama B's Caribbean Rundown

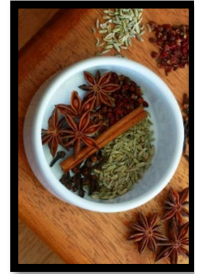
This dish is like a gumbo. It is called rundown because you can put anything in it.

Ingredients:

<i>1/2 Cup</i>	<i>Water</i>	<i>1/2 Cup</i>	<i>Frozen peas</i>
<i>1 Cup</i>	<i>Carrot, chopped</i>	<i>1/2 Cup</i>	<i>Vegetable broth</i>
<i>2 Cups</i>	<i>Asparagus, chopped</i>	<i>1</i>	<i>Small can tomato sauce</i>
<i>2 Cups</i>	<i>Squash, chopped</i>	<i>1 Tbsp</i>	<i>Chopped fresh thyme</i>
<i>1 Cup</i>	<i>Spinach, chopped</i>	<i>1 Tsp</i>	<i>Chopped fresh oregano</i>
<i>Dash</i>	<i>Salt to season</i>	<i>Dash</i>	<i>Soy sauce</i>
<i>1/2 Tbsp</i>	<i>Mama B's Caribbean Fish Blend</i>		

Directions:

- *Bring water to a boil in a medium skillet. Stir in thyme, oregano, carrot, asparagus, squash, a pinch of salt and Mama B's spice.*
- *Cover and simmer for 5 minutes, stirring occasionally.*
- *Add the spinach, peas and vegetable broth. Stir well.*
- *Cover and simmer for 10 minutes, stirring occasionally.*
- *Add the tomato sauce, cover and simmer for another 5 minutes*
- *Add soy sauce to taste and simmer another few minutes*



*Spice
Blend:
Caribbean*

