



Recipes


Tastin' Jamaican is a gourmet salsa made with mangos, a touch of brown sugar, a hint of hickory smoke, and just enough lime to give it a unique Caribbean flavor unmatched by traditional commercially made salsas. There are no additives or preservatives and it is naturally gluten free.

We also invite you to try our handcrafted Caribbean Jerk and Cajun seasonings. The flavor combinations are endless!

Tastin' Jamaican ...

A taste of the islands without leaving your home!

Salsa isn't just for chips anymore!

A circular inset image showing a tropical beach scene with palm trees and a blue sky.

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Tastin' Jamaican Tortilla Crusted Catfish served with Tastin' Jamaican Salsa

1 cup finely crushed tortilla chips
(can substitute finely chopped pecans for a low carb recipe)

1/2 to 1 teaspoon **Tastin' Jamaican Caribbean Jerk Seasoning**

½ cup grated parmesan cheese

3 tablespoons lemon juice

1 tablespoon canola oil

3-4 catfish fillets

1 cup **Tastin' Jamaican Salsa** (any heat level or flavor), warmed



In a shallow bowl, combine tortilla chip crumbs, Tastin' Jamaican Caribbean Jerk Seasoning, and parmesan cheese.

In another bowl, combine lemon juice and oil.

Dip fish in lemon mixture, then coat with crumb mixture.

Place in a 13-in. x 9-in. baking dish coated with cooking spray. Sprinkle with any remaining crumbs.

Bake at 450° for 8-10 minutes or until fish easily flakes with a fork.

Serve with Tastin' Jamaican Salsa.

Tastin' Jamaican Salsa Chicken Bake

1 tablespoon olive oil

4 boneless skinless chicken breasts, pounded to an even thickness

1/2 teaspoon ground cumin

1/2 tablespoon chili powder, or to taste

1/2 teaspoon paprika, or to taste

1/2 teaspoon garlic powder

Salt and fresh ground pepper to taste

1 pint **Tastin' Jamaican Salsa**, whatever flavor or heat level desired

1 cup shredded cheddar cheese (a mix of white and yellow cheddar are perfect)

Scallions, parsley, or chives for garnish

Preheat oven to 375°

Pound chicken breasts to an even thickness and season with cumin, chili powder, paprika, garlic powder, salt, and pepper.



Heat olive oil in a large skillet. Transfer chicken to skillet and cook for 2 minutes per side, or until just browned.

Coat baking dish with non-stick spray. Spread a thin layer of salsa on the bottom of the dish.

Arrange browned chicken breasts on top of salsa and add the remaining salsa over the chicken.

Bake uncovered for 30 minutes, or until chicken is done. Remove from oven and cover with cheese.

Bake for 3 to 4 more minutes, or until cheese is melted and bubbly. Remove from oven, top with desired garnish, and let stand 5 minutes before serving.

Tastin' Jamaican Chicken Lettuce Wraps

2 cups fresh shiitake mushrooms
1 ½ pounds thin cut chicken breast or chicken tenders
2 tablespoons light colored oil, such as vegetable oil or peanut oil
Coarse salt and black pepper to taste
3 cloves garlic, chopped
1 orange, zested
½ red bell pepper, diced small
1 small can sliced water chestnuts, drained and chopped
3 scallions, chopped
½ cup **Tastin' Jamaican Salsa, any flavor (Strawberry or Blueberry Peach are great for a summer dish!)**
½ large head iceberg lettuce, core removed, head quartered
Wedges of navel orange



Clean and slice mushrooms. Cut chicken into small pieces. Preheat a large skillet or wok to high. Add oil to hot pan. Add chicken to the pan and sear meat by stir frying a minute or two. Add mushrooms and cook another minute or two.

Add salt and pepper to season, then garlic. Cook a minute more. Grate zest into pan, add bell pepper bits, chopped water chestnuts and scallions. Cook another minute, continuing to stir fry mixture.

Add Tastin' Jamaican Salsa and toss to coat the mixture evenly. Transfer to a serving platter and spoon into lettuce leaves, wrapping lettuce around fillings and squeezing an orange wedge over.

NOTE: Fill lettuce leaves when needed as the hot chicken will cause lettuce to wilt if prepared ahead of time.

Tastin' Jamaican Grilled Chicken Tacos

- ⇒ 4 boneless, skinless chicken breasts
- ⇒ 1/4 cup extra-virgin olive oil
- ⇒ 1/4 cup tequila
- ⇒ 2 tablespoons **Tastin' Jamaican Caribbean Jerk Seasoning**
- ⇒ 2 limes
- ⇒ Kosher salt and freshly ground black pepper
- ⇒ 1 pint **Tastin' Jamaican Strawberry Salsa**
- ⇒ 12 corn tortillas
- ⇒ Crumbled queso fresco or cotija cheese, for serving, optional



Put the chicken breasts in a ziplock bag and add the oil, tequila, Jerk Seasoning, the grated zest of both limes and some salt and pepper. Seal the bag and move the chicken around in the marinade. Refrigerate for 30 minutes up to 2 hours.

Heat a grill pan over medium-high heat. Remove the chicken from the bag, shaking off any excess marinade. Grill until the chicken is well browned and cooked through, 5 to 6 minutes per side. Remove and let rest on a plate. When just cool enough to handle, shred the chicken with a fork.

Heat the tortillas in a toaster oven or in a microwave and keep warm. Fill a tortilla with some of the shredded chicken and cut wedges from the limes to squeeze over the chicken, then top with salsa. Serve topped with the cheese, if desired.

Tastin' Jamaican Pumpkin Chili with Roasted Poblano Peppers

- 5 cloves garlic
- 1 or 2 large poblano peppers
- 1/2 cup water or chicken broth (or more depending on how thick you like your chili)
- 2 tablespoons olive oil
- 1 small red onion, diced
- 1 lb. lean ground turkey, beef, or venison
- 1 pint **Tastin' Jamaican Pumpkin Spice Medium Salsa**
- 3 tablespoons tomato paste
- 1 tablespoon maple syrup
- 1 can chili beans
- 1 tablespoon Sriracha (if more heat is desired)
- 2 tablespoons chili powder
- 1 teaspoon smoked paprika (less or more depending on how much spice you like!)
- 1/8 teaspoon sea salt
- Pepper to taste
- Toppings if desired: Avocado slices and white cheddar cheese



- Preheat oven to 400°F and spray a baking sheet with nonstick cooking spray.
- Place large poblano pepper(s) and 5 cloves of garlic on the baking sheet. Drizzle the pepper with olive oil and season with salt and pepper. Then place in the oven for 15 minutes, flipping half way.
- Once the poblanos have beautiful roasting marks, remove from oven and let cool for 5 minutes. Use a sharp knife to cut the top off and then remove the seeds. Place the roasted poblanos, garlic cloves, and the water/broth in a high-speed food processor and process until everything's pureed together. Set aside.
- Prepare chili by heating olive oil to medium/high heat. Then, add in a diced small onion and sauté for a few minutes or until translucent.
- Add ground meat and sauté until full browned. Add the rest of the ingredients and mix until combined.
- Cover and let simmer for 10 minutes before serving. Top with avocado and white cheddar cheese!

Tastin' Jamaican Salsa Cupcakes with Brown Sugar Cream Cheese Frosting

To make 24 cupcakes

2 cups plain flour
1 1/4 cups sugar
4 tsp. baking powder
1 tsp. baking soda
1 cup **Tastin' Jamaican Strawberry, Blueberry Peach, Pumpkin Spice, or Cranberry Salsa**
1/2 cup shortening
2 eggs
1/3 cup water



Preheat oven to 350 degrees. Line muffin pan with cupcake liners and coat with non-stick spray.

Mix flour, sugar, baking powder, and soda, in a mixing bowl. Add salsa and shortening. Beat 3 minutes or until well mixed. Beat in eggs and water for 3 minutes. Pour batter into prepared muffin tin.

Bake for about 20 minutes or until a wooden pick inserted near center comes out clean. Cool and frost with cream cheese frosting. Refrigerate any leftover cupcakes.

Brown Sugar Cream Cheese Frosting

8 ounces cream cheese softened slightly
4 tablespoons unsalted butter softened slightly
3/4 cup brown sugar, light or dark - make sure it's really fresh
1/2 cup powdered sugar plus more if needed
1/2 teaspoon pure vanilla extract

Place all frosting ingredients in a large bowl. Beat with an electric mixer on low speed, then gradually increase the speed to medium-high. Beat for a minute or two, until smooth and creamy. If you prefer the frosting thicker you can add more powdered sugar.

Salsa Cheese Dip

By Jean Dean

Wendell, NC

1 lb hamburger, ground turkey, or ground venison

1 lb sausage

1 lb Velveeta cheese

1 can cream of mushroom soup

1 pint **Tastin' Jamaican Salsa** (whatever heat level desired)

Brown hamburger and sausage. Drain. Put in crock pot with soup and salsa.

Cut cheese into small chunks and put in pot. Heat till cheese is melted and simmer about an hour to get cheese melted and hot through.

Serve with tortilla chips.

NOTE: You can make the dip as hot as you wish or as tame as you wish by using hot or mild sausage and of course hot or mild salsa. I usually use medium salsa and 1/2 lb hot sausage and 1/2 lb mild sausage.



Creamy Tastin' Jamaican Salsa Dip

1 cup **Tastin' Jamaican Salsa** (any heat level)

3/4 cup Greek yogurt (OR sour cream)

2 to 3 teaspoons **Tastin' Jamaican Jerk or Cajun Seasoning**

1 cup packed fresh cilantro leaves

Tortilla chips and/or raw veggies, for serving

Measure Tastin' Jamaican Salsa, Greek yogurt, Tastin' Jamaican seasoning, and cilantro into a blender or food processor.

Blend/process on high until smooth, creamy, and well-combined.

Transfer to a bowl, cover, and refrigerate for at least four hours to allow the flavors to blend.

Serve as a dip with tortilla chips and/or raw veggies, or drizzle over Mexican entrees such as quesadillas, tacos, enchiladas, nachos, etc.



Tastin' Jamaican Cream Cheese & Salsa Enchiladas

- 1 (8-oz) pkg. cream cheese
- 1 c. **Tastin' Jamaican Salsa** (any heat level)*
- 1 can black beans*
- 2 c. chicken breast, cooked & shredded (canned works great)
- 8-10 flour tortillas
- 2 c. shredded cheese
- Enchilada Sauce

Toppings of choice: Lettuce, tomatoes, sour cream



In medium saucepan combine cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and beans.

Fill tortillas with mixture, roll, and place in greased 9x13 pan.

Spread enchilada sauce and cheese over top. Cover with foil and bake at 350° for 30 minutes.

Garnish with your choice of toppings.

Note: You can use the pre-made canned enchilada sauce, the packet of enchilada seasoning (which you'll need tomato sauce to mix it with), or you can make your own.

*To combine these two ingredients, use Tastin' Jamaican's Cuban Salsa – made with black beans and corn

Tastin' Jamaican Low-Carb Zucchini Lasagna

By Melissa Hodges

Louisburg, NC

- 3-4 large Zucchini, rinsed
- 1 Tbsp extra-virgin olive oil
- 1 lb ground lean turkey, venison, or beef
- 1 small onion, diced
- 3 cloves garlic, diced
- 4 tsp Italian Seasoning
- Pepper to taste
- $\frac{3}{4}$ cup tomato sauce
- $\frac{3}{4}$ cup **Tastin' Jamaican Salsa**, your choice heat level
- 1 15oz container of ricotta cheese
- 1 large egg
- $\frac{1}{2}$ cup cilantro, rinsed and roughly chopped
- 4 oz grated Mexican blend or Mozzarella cheese
- 1 large red or green bell pepper, chopped (if desired)



Preheat oven to 375 degrees.

Slice Zucchini lengthwise into 1/8" thick slices. Lightly sprinkle with salt, microwave slices for 2 minutes and pour water off, or bake for 15-20 minutes and blot moisture with paper towel.

Heat olive oil over medium heat in a large pan, add ground meat, onion, garlic, Italian seasoning, and a pinch of pepper. Cook until onion is clear and meat is browned.

In a medium bowl, stir together the tomato sauce and Tastin' Jamaican salsa. In a separate bowl, beat together the ricotta cheese, egg, and a pinch of pepper.

Spray a 9 x 13 baking dish with cooking spray. Spread half of the sauce mixture evenly on the bottom, followed by half of the ground meat mixture. Place half the Zucchini in a single layer, lightly overlapping them. Spread half the ricotta mixture evenly over the Zucchini, followed by half the cilantro.

Repeat the layers, adding the shredded cheese and chopped bell peppers on top.

Cover lasagna with foil and bake for 45 minutes. Uncover and bake for an additional 15-20 minutes, until excess moisture is gone and the lasagna is golden brown and bubbly.

Tastin' Jamaican Manicotti

14 uncooked manicotti shells
2 cartons (15 ounces each) part-skim ricotta cheese
2 cups shredded part-skim mozzarella cheese
4 green onions, chopped
2 large eggs, lightly beaten
1/4 cup chopped fresh spinach
1 pint **Tastin' Jamaican Salsa**, any heat level
2 cups shredded pepper jack cheese

Preheat oven to 350°. Cook manicotti according to package directions for al dente. Drain.

In a large bowl, mix ricotta cheese, mozzarella cheese, green onions, eggs, and spinach. Spoon into manicotti.

Spread 1/2 cup salsa into a greased 13x9-in. baking dish. Top with stuffed manicotti.

Pour remaining salsa over top. Bake, uncovered, 20 minutes.

Sprinkle with pepper jack cheese.

Bake, uncovered, 10 minutes longer or until cheese is melted. Let stand 10 minutes before serving.





Tastin' Jamaican Meatballs

by Amber Dupree

Louisburg, NC

2 bags of frozen Home Style regular meatballs

1 pint of medium **Tastin' Jamaican Salsa**

3 or 4 tablespoons of brown sugar

4 tablespoons of vinegar

Chopped jalapenos (according to preference)

1 tablespoon of garlic powder

Put all ingredients together in crock pot. Cook on high for 4-5 hours or 6-8 hours on low.

Tastin' Jamaican Scrambled Egg & Salsa Muffins



- ⇒ 6 Eggs
- ⇒ 6 tbsp. **Tastin' Jamaican Salsa** (ANY flavor or heat level)
- ⇒ Salt and Pepper, to taste
- ⇒ Crispy fried bacon, crumbled
- ⇒ Shredded Parmesan Cheese, to taste

Preheat oven to 400F. Spray 6-muffin tin with nonstick spray.

Place a heaping forkful of Tastin' Jamaican Salsa into the bottom of each muffin tin.

Crack an egg over top each one. Sprinkle with salt and pepper. Then use a fork to break open the yolk and gently mix the salsa and egg together. You want more of a marbled look rather than a full on scramble.

Add about a tablespoon of crumbled bacon to each muffin.

Top with Parmesan cheese and bake for about 20 minutes.

Tastin' Jamaican Pizza

by Melissa Hodges

Louisburg, NC



- ⇒ 1 pizza crust or pizza crust mix
- ⇒ Olive Oil
- ⇒ Your favorite heat level of **Tastin' Jamaican Salsa**
- ⇒ Your favorite pizza toppings
- ⇒ Parmesan cheese
- ⇒ Shredded mozzarella cheese or shredded cheese blend

If using a mix, follow directions to make the pizza crust, lightly coat with olive oil, and bake for a few minutes to get slightly brown.

Spread salsa instead of pizza sauce over the crust.

Sprinkle with Parmesan cheese and top with your favorite toppings.

Finish with lots of your favorite shredded cheese and bake at 350 degrees for about 15 minutes or until cheese is bubbly and slightly browned.

Now you have a Caribbean style pizza that will be savored by all!

Tastin' Jamaican Jalapeno Duck Breast

Poppers

- ⇒ 6-8 large jalapeno peppers
- ⇒ 8 oz cream cheese bar (room temperature)
- ⇒ 1/3 cup finely chopped onion
- ⇒ 1/3 cup coarsely chopped fresh mushrooms
- ⇒ 2 tablespoons **Tastin' Jamaican Caribbean Jerk seasoning**
- ⇒ 12-16 finger size slices of duck breast (If duck isn't available, chicken will suffice).
- ⇒ 12-16 slices of bacon
- ⇒ Your favorite flavor of **Tastin' Jamaican Salsa**



Preheat oven to 400 degrees. Sauté onions and mushrooms to reduce water content.

Mix together cheese, onion, **Jerk** Seasoning, and mushrooms well and set aside.

Slice peppers length-wise and remove seeds. May want to wear gloves when doing this.

Fill each pepper with cheese mixture. Place a slice of the duck breast on top and wrap with bacon.

Bake for 25-30 minutes or when bacon looks done. Dip in your favorite flavor of Tastin' Jamaican Salsa.

Tastin' Jamaican Blueberry Peach Pork

2 cups uncooked instant brown rice

2 pounds pork tenderloin, trimmed of fat and cut into 1-inch cubes

4 tablespoons olive oil

Tastin' Jamaican Caribbean Jerk Seasoning

1 pint **Tastin' Jamaican Blueberry Peach Salsa** (Mild or Medium)

Salt to taste if desired

Cook rice according to package directions.

Meanwhile, place pork in a large bowl; drizzle with oil. Toss with seasoning to coat.

Lightly oil a nonstick skillet and sauté pork until no longer pink, 8-10 minutes.

Stir in salsa and simmer for 5-10 minutes, adding salt if desired.

Serve with rice. Makes 6 servings.



Shark Bites Fresh Summer Salad

by Marty Hodges

When you go fishing and all you catch are sharks... keep them!

NOTE: It's best to soak shark meat overnight in an acidic liquid like orange juice to get rid of any strong taste.

- ⇒ 1.5 lbs Blacktip shark (or other firm, white fish)
- ⇒ **Tastin' Jamaican Jerk or Cajun Seasoning**
- ⇒ Any salad ingredients you like. Ours has Romaine and iceberg lettuces, fresh spinach leaves, red cabbage and red onion (sliced thin), sugar snap peas, tomatoes, cucumber, yellow bell pepper, carrots, and fresh broccoli florets
- ⇒ Your favorite salad toppings. We used honey roasted pecans and sunflower seeds
- ⇒ Sun Dried Tomato Vinaigrette dressing
- ⇒ **Tastin' Jamaican Cranberry Salsa**

After soaking, cut shark meat into 1 inch cubes. Coat with Tastin' Jamaican seasoning and sear until cooked through. Prepare salad ingredients.

Add shark bites to individual salad servings, drizzle with dressing, add toppings, and garnish with several spoonfuls of Tastin' Jamaican Cranberry Salsa.



A GREAT fresh summer salad
idea!

Tastin' Jamaican Shrimp 'n Grits



1 pound uncooked shrimp (16-20 per pound), peeled and deveined

3 tablespoons **Tastin' Jamaican Cajun Seasoning**

1 cup quick-cooking grits

4 cups boiling water

1-1/2 cups shredded Mexican cheese blend

3 tablespoons milk

2 tablespoons canola oil

3 medium sweet peppers, seeded and cut into 1-inch strips

1 medium sweet onion, cut into 1-inch strips

1 pint jar **Tastin' Jamaican Salsa**, desired heat level

1/4 cup orange juice

Fresh cilantro if desired for garnishing

Sprinkle shrimp with half of the Tastin' Jamaican Seasoning; toss to coat. Set aside.

Slowly stir grits into boiling water. Reduce heat to medium; cook, covered, stirring occasionally, until thickened, 5-7 minutes. Remove from heat. Stir in cheese until melted; stir in milk. Keep warm.

In a large skillet, heat oil over medium-high heat. Add peppers and onion; cook and stir until tender and pepper edges are slightly charred. Add salsa, orange juice, remaining seasoning, and shrimp. Cook, stirring constantly, until shrimp turn pink, 4-6 minutes. Remove from heat.

Spoon grits into serving bowls; top with shrimp mixture. Garnish with cilantro.

Tastin' Jamaican Spicy Beef and Vegetable Sloppy Joes

by Marlene Whaples



- 1 lb. lean ground beef, turkey, or venison
- 1 med. onion, chopped
- 2 cloves garlic, minced
- 1 c. chopped zucchini
- 1 c. chopped yellow summer squash
- 1 c. sliced fresh mushrooms
- 1/4 c. chopped green pepper
- 1 pint **Tastin' Jamaican Salsa** (whatever heat level desired)
- 1 tsp. dried basil, crushed
- 1/2 tsp. dried parsley flakes
- 1/2 tsp. dried rosemary, crushed
- 6 to 8 Kaiser rolls, split and toasted (can be served over rice instead)

In a 10-inch skillet cook beef, onion, and garlic over medium heat until meat is brown and onion is tender. Drain off fat.

Add zucchini, summer squash, mushrooms, and green pepper. Cover and cook over low heat for 5 to 7 minutes or until vegetables are tender.

Stir in salsa, basil, parsley, and rosemary.

Simmer, uncovered, about 10 minutes or until most of the liquid has evaporated.

Serve on toasted rolls or over rice. Makes 6 to 8 servings.

Black Bean and Corn with Sweet Potato Soup

2 small sweet potatoes, peeled & cut into 1/2 inch cubes

2 tablespoons olive oil

1 32 oz. carton vegetable broth

1 pint **Tastin' Jamaican Cuban Medium Salsa**

2 teaspoons cumin, divided

1 1/2 teaspoons chili powder, divided

1/2 teaspoon dried ground coriander

1/4 teaspoon dried oregano

1 teaspoon sugar (if desired)

1 1/2 teaspoons kosher salt

1 pinch cayenne pepper

1/4 teaspoon ground black pepper

Avocado and sour cream if desired for garnish

Preheat oven to 375 degrees. Line baking sheet with parchment paper or silpat (silicone baking mat).

Combine sweet potatoes, 1/2 teaspoon cumin, 1/2 teaspoon chili powder, 1/2 teaspoon salt and olive oil in a large bowl. Toss to coat. Spread sweet potatoes onto the baking sheet in a single layer. Bake sweet potatoes for 20 minutes. Allow to cool to room temperature.

Mix together in a Dutch oven the Tastin' Jamaican Cuban Salsa and broth. Add 1 1/2 teaspoons of cumin, 1 teaspoon of chili powder, coriander, oregano, sugar, salt and pepper. Bring to a gentle boil.

Reduce heat to a simmer and add sweet potatoes. Continue simmering for approximately 20 to 30 minutes. If you like your soup spicy, add pinch of cayenne or dash of favorite hot sauce.

Garnish with avocado and sour cream if desired.



Serves 6

Tastin' Jamaican Leftover Stuffed Pepper Soup

Use leftover beef or pork roast, chopped

OR brown one pound of ground beef

1 large onion, diced

2 cloves of garlic, minced

1 large green bell pepper, chopped

4 oz can of mushrooms, undrained (use fresh if desired)

4 cups beef or chicken broth

15 oz can tomato sauce

1 pint of **Tastin' Jamaican**

Caribbean Style Salsa (any heat level)

1 Tbsp apple cider vinegar

1 ½ tsp salt

1 Tbsp **Tastin' Jamaican Cajun**

Seasoning

½ cup brown rice, uncooked (omit if counting calories or carbs)

Shredded Parmesan cheese to garnish if desired



In a large pot or Dutch oven, if using ground beef, brown and drain. Add meat, onion, garlic, bell pepper, mushrooms, and one cup of broth to pot and cook a few minutes to tenderize veggies. Add remaining ingredients except rice and bring to a boil. Add rice if desired, reduce heat and simmer covered for 15-20 minutes.

Serve topped with Parmesan cheese if desired.

Serves 8

Tastin' Jamaican Venison (or Beef) Minestrone Soup

Avocado spray oil

1 1/2 lbs Venison or Beef flank steak, cut into 1-inch cubes

1 tablespoon **Tastin' Jamaican Jerk or Cajun seasoning**

1 tablespoon olive oil

2/3 cup diced white onion

2 celery stalks, diced

1 1/2 tablespoons garlic, minced

1 medium carrot, chopped into 1/2-inch pieces

1 medium zucchini, chopped and halved

1 medium squash, chopped and halved

1 can (13.5oz) kidney beans, drained

15oz (fire roasted) diced tomatoes

1 pint **Tastin' Jamaican Salsa**, any heat level

4 cups no salt added beef broth (or vegetable broth)

1 cup water

4 tablespoons tomato paste

2 teaspoons dried thyme

2 teaspoons dried oregano

1 teaspoon dried fennel powder (optional)

2 bay leaves

4oz elbow macaroni or other small pasta (use Chickpea shells for gluten free pasta)

3 cups baby spinach

Sea salt & pepper to taste



Coat meat with Tastin' Jamaican seasoning. Heat a Dutch-oven pot, lightly spray with avocado oil, and add meat. Sear meat for 3 minutes, or until sear marks appear. Remove the meat from the pot.

Add olive oil, onion, celery and garlic. Caramelize for 2 – 3 minutes, being careful not to let the garlic and onions burn. After 3 minutes, add the carrots and cook for an additional 1 – 2 minutes so that they slightly soften.

Add all the remaining ingredients EXCEPT the spinach. Stir well and add the meat back to the pot. Simmer for about 20 minutes until pasta is done. Remove bay leaves, fold in the spinach, and remove from heat. Season to taste with sea salt & pepper.

Other ways to use Tastin' Jamaican to spice up and add flavor to ordinary dishes include:

Add our specialty flavors (Strawberry, Blueberry Peach, Pumpkin Spice, and Cranberry) to:

- muffin mixes
- use as a topping for ice cream
- pour over a room temperature brick of cream cheese and pull with crackers for an appetizer
- put on toast or eggs for a breakfast boost
- pour over pork, chicken, or fish to make these dishes anything but ordinary!



Add our original flavors (Mild, Medium, Nuclear, and Lethal) to:

- Chili
- Meatloaf
- Spaghetti
- Lasagna
- any dish that needs a flavor enhancement or extra boost of heat



Have a leftover meat dish? Shred the meat, add the mild or medium Cuban salsa (black beans and corn), and simmer for 15 -20 minutes. Serve over rice.

Our gourmet Jerk and Cajun seasonings can be used as dry rubs or marinades for pork, chicken, beef, or seafood. They can be used to season and roast vegetables, as a pickling spice, flavoring for pasta dishes, or sprinkled over eggs.

Add them as a flavor boost to popcorn, soups, or dips. Plus they are great for recipes that call for blackening. **The possibilities are ENDLESS!**