

# LALU, BEEF, CRAB STEW

## INGREDIENTS

- 2 pounds Stew Beef
- 2 Lime /Lemon
- 3 Garlic Cloves (chopped finely)
- 1 small White Onion (chopped)
- 1 sprig of Thyme
- 2 Scallions (chopped finely)
- 2 Tablespoons Parsley (chopped finely)
- 1/2 Lime juice
- 1/2 Teaspoon Salt
- Black Pepper to taste
- 1/8 Teaspoon Ground cloves
- 1 Tablespoon Chicken or Beef Bouillon Cube
- 2 Tablespoon Olive Oil
- 2 Tablespoon Tomato Paste
- 1/2 Teaspoon Hot Sauce or Hot Pepper
- 4 cups dried Lalu
- 8 cups Water
- 1 pinch Baking Soda
- 2-4 Blue Crabs

## SHELF LIFE

3-5 days in Refrigerator

## DIRECTIONS

- Clean crabs with Lemon or Lime
- Remove dried Lalu, add water with baking soda; Soak for 30 minutes
- Marinate beef: clean beef with lemon and vinegar, add lemon or lime juice, garlic, onion, thyme, scallions, parsley, salt, black pepper, ground cloves, bouillon; 30 minutes
- Strain Lalu and set aside
- Heat oil and tomato paste, fry 1-2 minutes and add beef and marinade to stir and mix. Add hot sauce or pepper and lower heat.
- Add Lalu to cover meat
- Cover with aluminum foil and then lid for 40-55 minutes
- Remove foil and add clean blue crabs to mixture, stir and cook without cover for 15-20 minutes

## RECIPE

<https://www.caribbeangreenliving.com/lalo-jute-leaves-with-beef-spinach-and-blue-crab-stew/>

**FEATURED FARMER'S CHOICE CROP**

**LALU**

**VEGETABLES**

- Squash Cabocha
- Swiss Chard
- Lalu
- Kale
- Eggplant Italiana



**HERBS**

**MEDICINAL**

- Bi-color Sage
- Purple Sage
- White Sage
- Lemonbalm

**SPICES**

- Dill
- Lemongrass

**FLOWERS**

- Marigolds