RJJ&T Special Recipe: Cow Foot & Buttered Beans

3 lbs. **cow feet** (chopped into small portions)

4quarts **water**

Salt to taste

1 large **onion** (chopped)

4 cloves of **garlic** (chopped)

3 sprigs of **thyme**

1 tsp. **black pepper**

1 small **Scotch Bonnet hot pepper**

1 can of **buttered beans**

1. Add 4quarts of water to cow feet in a pot with salt to taste.
2. Boil until cow feet is soft or pressure cook for approximately 35 minutes.
3. Add onion, garlic, thyme, black pepper and hot pepper.
4. Optional: add vegetables of your choice including carrots, potatoes, etc.
5. Cook for another 20 minutes, then add can of buttered beans.
6. Simmer for another five minutes.
7. Serve with white rice and tossed vegetable salad.

Serves about 6 people.

Enjoy cow foot and buttered beans in Real Jamaican Style!