



# Green Seasoning (Trinidad)

Recipe by Paulette Daley.

## Ingredients

1 small bunch of culantro (or cilantro)  
1/2 bunch of parsley  
5 scallions, chopped  
1 head of garlic, peeled  
8 sprigs thyme  
1 stalk of celery

2 Scotch bonnet peppers  
1/2 tsp salt  
1 small/medium onion, sliced  
1/2 red bell pepper  
1 tbsp olive oil (optional)  
1 tbsp water (optional)

## Steps

1. Rinse ingredients thoroughly.
2. Place all of the ingredients into a blender.
3. Blend until a puree is formed. Add olive oil and water to help things move along quickly.
4. Refrigerate in container for up to 1 month.

