

# Soup Joumou

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/turnip-soup-indian-recipe>

## Ingredients:

- 2 cloves garlic
- 2 scallions sliced, plus more for garnish
- 1/4 cup chopped parsley roughly
- 1/2 teaspoon dried thyme
- 1 shallot medium, sliced
- 1 scotch bonnet chile stemmed and seeded
- 1 lime plus wedges for serving
- kosher salt
- ground black pepper
- 1 pound beef chuck cut into 1/2" pieces
- 2 tablespoons olive oil
- 8 cups beef stock
- 2 carrots cut into 1 1/2" pieces
- 2 stalks celery cut into 1 1/2" pieces
- 1 leek small, trimmed, halved lengthwise and cut into 1 1/2" pieces; rinsed
- 1 small yellow onion cut into 1 1/2" pieces
- 1 yukon gold potato large, peeled and cut into 1 1/2" pieces
- 1 turnip medium, peeled and cut into 1 1/2" pieces
- 1/2 green cabbage small, cored and cut into 1 1/2" pieces
- 1/2 kabocha squash small, cut into 1" pieces

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 75 milligrams
4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams

8. Sodium: 1310 milligrams
  9. Sugar: 11 grams
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