

Jamaican Beef Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cho-cho-beef-recipe>

Ingredients:

- 25 cups water
- 1/4 pound turnip
- 5 whole pimento seeds
- 1 pound beef or soup meat
- 1 pound pumpkin
- 1/2 pound chocho peeled
- 1 pound yam yellow, peeled
- 1 1/4 pounds flour
- 1 teaspoon salt
- 1 packet soup mix Cock
- 3 stalks scallion
- 1 sprig thyme
- 1 tablespoon all purpose seasoning
- 1 whole Scotch Bonnet pepper
- 4 cloves garlic
- 1/2 pound carrot

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 157 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 13 grams
6. Protein: 40 grams
7. SaturatedFat: 7 grams
8. Sodium: 810 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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