

Jamaican Jerk Plantain Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/plantain-soup-recipe-puerto-rico>

Ingredients:

- 1 tablespoon coconut oil or oil of choice
- 1 onion medium, chopped
- 4 garlic cloves minced or pressed
- 1 tablespoon fresh ginger grated
- 1 dried ancho chile deseeded and chopped
- 1 1/2 cups red bell pepper chopped
- 2 teaspoons dried thyme
- 1 teaspoon ground allspice
- 1 teaspoon salt or to taste
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 3 cups vegetable broth or water
- 15 ounces coconut milk
- 2 cups chickpeas cooked
- 1 bay leaf
- 1 cup sliced carrots thinly
- 2 plantains ripe, peeled and sliced
- 3 tablespoons lime juice 1 lime
- 1 tablespoon tamari or to taste
- 1/2 cup sliced green onions thinly

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 78 grams
3. Fat: 31 grams
4. Fiber: 14 grams
5. Protein: 11 grams
6. SaturatedFat: 25 grams

7. Sodium: 1900 milligrams
 8. Sugar: 24 grams
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