

Vegan Pumpkin Soup, Jamaican Style

Yield: 6 min
Total Time: 75 min

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

Ingredients:

- 4 cups pumpkin peeled and chopped
- 6 cups vegetable broth or 6 cups water plus 2 vegetable bouillon
- 1 cup coconut milk
- 1 medium onion chopped
- 3 cloves garlic minced
- 2 green onions chopped
- 1 potato medium white, peeled and cubed
- 2 stalks celery chopped
- 1 medium carrot chopped
- 1/4 teaspoon dried thyme
- 1 sprig fresh thyme
- 1/4 teaspoon allspice
- 1 Scotch Bonnet pepper
- 1 Scotch Bonnet pepper
- 1/4 teaspoon cayenne pepper
- salt to taste
- 1 pound yam yellow, or white yam, peeled and cubed
- 1 chocho medium, peeled and chopped
- 1/4 cup water
- 1/4 teaspoon salt
- 1/2 cup all purpose gluten free flour I used Krusteaz

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 47 grams
3. Fat: 10 grams
4. Fiber: 7 grams

5. Protein: 5 grams
 6. SaturatedFat: 8 grams
 7. Sodium: 1200 milligrams
 8. Sugar: 8 grams
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