

# Jamaican Chicken Foot Soup

Yield: 4 min  
Total Time: 175 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-chicken-feet-recipe>

## Ingredients:

- 1 pound chicken feet
- 1 pound chicken breasts 2 breasts or chicken necks
- 3 sprigs thyme
- 3 garlic cloves peeled
- 5 quarts water
- 3 stalks scallion tops and ends removed
- 1 turnip root, chopped
- 1/2 cup pumpkin or butternut squash, chopped
- 1 cup baby carrots
- 7 baby potatoes dutch golden, peeled
- 1/2 onion chopped
- 1 pepper scotch bonnet
- 1 tablespoon allspice berries whole
- 2 tablespoons butter
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- salt
- pepper

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 90 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 5 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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