

Jamaican Vegetable Soup

Yield: 1 min
Total Time: 30 min

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

Ingredients:

- 1 tablespoon oil
- 1 small yellow onion diced or can use green onions
- 1 rib celery chopped
- 1/2 green pepper chopped
- 1/2 red pepper chopped
- 2 cloves garlic chopped
- 1/4 cup jerk seasoning homemade recipe below and see notes*
- 1/2 cup water
- 1/2 tablespoon bouillon better than, no chicken soup base*, vegan
- 1 can corn drained, I use peaches and cream
- 1 can red kidney beans, rinsed and drained
- 5 cups chopped potatoes
- 1/2 sweet potatoes
- 2 sausages vegan, cooked and sliced, I use beyond meat hot Italian, can substitute chopped vegan chicken pieces, Both optional
- 1/4 cup coconut milk canned
- 1/3 cup cilantro chopped
- 2 tablespoons fresh lime juice optional
- 1 tablespoon granulated onion
- 1 tablespoon granulated garlic
- 1 tablespoon dried parsley
- 1/2 tablespoon brown sugar
- 2 teaspoons cayenne pepper 1/2 mild, 1 moderate, 2 spicy
- 2 teaspoons chili powder can use regular or smoked paprika
- 2 teaspoons dried thyme not ground
- 2 teaspoons salt
- 1 teaspoon allspice
- 1 teaspoon black pepper
- 1/2 teaspoon canela
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cumin
- 1/8 teaspoon cloves