

Pumpkin Leaves (Ugu) Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/pumpkin-leaves-chinese-recipe>

Ingredients:

- 8 ounces peanuts Groundnuts/, Skinless
- 1 pound meat assorted, Beef, smoked chicken, stock fish
- 4 garlic cloves
- 2 tomatoes chopped
- 1 large onion sliced
- 1/2 cup crayfish ground
- 1 tablespoon Maggi Bouillon optional
- 1 pound pumpkin leaves or more, Spinach blanched
- salt
- pepper

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 85 milligrams
4. Fat: 55 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 15 grams
8. Sodium: 500 milligrams
9. Sugar: 6 grams

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