

Spicy Caribbean Soup – Makes a lot!! 😊

<https://www.eminencenutrition.com/spicy-caribbean-soup>



Ingredients:

- 2 Tbsp. Olive oil
- 1 Large onion (or 2 small onions), chopped
- 1 Medium-large carrot, peeled and grated
- 3 Celery sticks, chopped
- 3 Pinches Thyme
- 3 medium Sweet potatoes, diced in bite size pieces with skin
- 1 (28oz) can Canned diced tomatoes with juice
- 2 (14oz) cans Aroy D Coconut milk
- 3½ cups Homemade veggie broth
 - Find the recipe here: <https://www.eminencenutrition.com/homemade-veggie-broth>
 - Or you can use one 900mL container of no salt added veggie broth
- 1 tbsp. 15mL Bay leaves
- 1 (19oz) can Black eyed peas (rinsed if using canned)
- 1 (19oz) can White kidney beans
- 1-2 tbsp. Hot pepper sauce

Directions:

1. In a large saucepot fry the onion, carrot, celery and thyme in the olive oil until the onions become somewhat translucent.
2. Add the sweet potatoes, tomatoes (with juice), coconut milk, vegetable stock and bay leaves. Bring to a light boil then reduce heat and simmer for about 20min. Stirring occasionally.
3. Add the black eyes peas, white kidney beans and hot pepper sauce, and continue simmering for another 10 min.
4. Enjoy 😊