

Nyam and Go – Rose Coco Soup



Here's another one of those classic soups you'll find being made on a Saturday throughout the Caribbean, with each household putting their own personal twist on things. In this recipe I didn't use any ground provisions it's also customary to add stewing beef and/or smoked meats as well. I went pretty basic to keep it simple for you to duplicate, while giving you maximum flavour and heartiness.

Recipe

Ingredients

- 8 cup(s) water
- 2 cup(s) dry rose coco beans
- 4 clove(s) garlic, crushed
- 6 whole pimento berries
- 1 can(s) Grace Coconut Milk
- 1 medium carrot, sliced
- 2 large irish potato, diced
- 1 medium chocho, diced
- 8 ounce(s) dough
- 1 sprig(s) thyme
- 2 stalk(s) escallion, crushed
- 1 teaspoon(s) salt
- 1/2 teaspoon(s) Grace Caribbean Traditions Black Pepper



Method

1. Pour water into a pot.
2. Wash rose coco beans and add to water, add crushed garlic and pimento berries and boil until the beans are tender.
3. Pour in the Grace Coconut Milk, add carrots, Irish potatoes and chocho.
4. Use the dough to make very small spinners and add to the mixture.
5. Add the thyme, crushed escallion, salt and Grace Caribbean Traditions Black Pepper and simmer for about 10 minutes.

<https://www.gracefoods.com/recipe-a-z/recipe/4887-meatless-red-peas-stew>