

# Jamaican Chicken & Dumpling Soup

Jamaican Chicken Soup is a flavorful and hearty dish made with chicken, pumpkin, yam, and a variety of spices. It's a comforting soup that's perfect for any time of the year, offering a taste of the Caribbean with every spoonful.

**PREP TIME:** 20 minutes

**COOK TIME:** 1 hour

1 lb boneless chicken  
2 T olive oil  
4 med carrots, peeled and diced  
2 celery stalks, diced  
1 med onion, sliced  
4 cloves garlic, crushed  
1/2 lb fresh pumpkin, cubed  
1/2 lb yellow yam, cubed  
1 chocho (chayote), peeled and cubed

1 corn, cut into three pieces  
1 scotch bonnet (habanero) pepper  
2 scallions, chopped  
5 sprigs thyme  
5 pimento berries (allspice)  
1/2 t salt  
8 C chicken broth  
1 T Calypso Green tea

## **DUMPLING MIX:**

1 C plain flour  
Water

1/4 t salt (optional)  
1 T cornmeal (optional)

**IN A LARGE POT**, heat the olive oil over medium-high heat. Add the carrots, celery, and onion.

**SAUTÉ UNTIL TENDER**, about 5 minutes.

**ADD THE GARLIC** and sauté for another minute.

**ADD THE CHICKEN** pieces and cook until lightly browned.

**POUR IN THE** chicken broth and bring to a boil.

**ADD THE PUMPKIN**, yellow yam, chocho, corn, scotch bonnet (habanero) pepper, scallions, thyme, pimento berries, salt, and Calypso Green tea.

**REDUCE HEAT** and simmer for about 30 minutes, or until the vegetables are tender.

**IN A SEPARATE BOWL**, mix the flour, water, salt, and cornmeal to form a dough.

**SHAPE THE DOUGH** into small dumplings and add to the soup.

**COOK FOR AN ADDITIONAL** 10 minutes, or until the dumplings are cooked through.

**ADJUST SEASONING** to taste before serving.

**NOTE:** Chocho (chayote) can be found in most Latin American grocery stores or well-stocked supermarkets. It is a type of squash with a mild, slightly sweet flavor and a crisp texture.