

## Bahamian Chicken Soupe

Oscar · 29/09/2024



### Prep Time

1 hr

### Difficult

Medium

### Servings

2 hrs 30 mins

### Description

This traditional Bahamian dish is served with a side of grits and bread or Johnny cake Add lime and hot pepper to spice it up to your individual taste Its delicious and surprisingly simple

### Ingredients

- - 24 chicken wings
- separated - 3 tablespoons lime juice - 1 teaspoon seasoned salt - 1 teaspoon vegetable oil - 1 large onion
- diced - ½ green pepper
- diced - 6 large potatoes
- peeled and diced - 3 carrots
- diced - ½ teaspoon crushed red pepper flakes - 1 tablespoon ground allspice - 2 bay leaves - ¾ cup lime juice - 3 cups water - salt and black pepper to taste

### Instructions

1. Toss the chicken wings with 3 tablespoons lime juice and the seasoned salt. Set aside to marinate at room temperature for 1 hour. Heat the vegetable oil in a large pot over medium heat. Add the onion and green pepper; cook and stir until the onion has softened and begun to brown
2. about 10 minutes. Add the potatoes
3. carrots
4. red pepper flakes
5. allspice
6. bay leaves
7. marinated chicken
8. lime juice
9. and water. Bring to a simmer
10. then reduce heat to medium-low
11. cover
12. and continue simmering until the chicken is no longer pink at the bone
13. and the vegetables are tender
14. about 40 minutes. Season to taste with salt and pepper before serving.