



Jamaican Pumpkin + Red Pea Soup

Makes about 8 bowlfuls (or 3 quarts)

For added flair when serving, reserve some of the coconut cream listed in the recipe and pour it over the servings before bringing the bowls to the table.

4 garlic cloves
1 jalapeño, seeds and membrane removed for less heat, roughly chopped
1 (1-inch) piece fresh ginger
1 bunch scallions (both whites and greens), chopped
1 medium onion, quartered
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1 small bunch thyme, stripped (about 2 teaspoons leaves)
1/4 cup coconut oil
1 cup dried small red beans, soaked overnight
2 medium carrots, peeled and cut into 1-inch pieces
1 small bunch collard greens, ribs and stems removed, sliced into 1-inch strips (about 5 cups)
1/2 medium calabaza, hubbard, or kabocha squash (about 3 1/2 pounds), peeled, seeds removed, and cut into very large (3-inch) chunks
Kosher salt and freshly ground black pepper
1 cup full-fat coconut cream (from a carton, such as Aroy-D brand; sold at Asian markets)
1 tablespoon coconut sugar
2 tablespoons lime juice, plus more to taste
Lime wedges for serving

1 / In a blender jar, combine garlic, jalapeño, ginger, scallions, onion, allspice, cinnamon, thyme, 1/2 teaspoon black pepper, and 1/4 cup water; blend until smooth. Place blender jar next to the stove.

2 / Heat oil in a large, heavy pot over medium heat until melted and hot. Add onion paste (it will spatter); season very generously with salt (about 2 teaspoons). Cook, stirring, until paste thickens and is fragrant (5 minutes). Stir in beans, carrots, collards, squash, and 8 cups (2 quarts) water; season very generously with salt (about 2 teaspoons). Cover and bring to a boil.

3 / Reduce heat and simmer soup, uncovered without stirring, until beans and squash are tender (about 45 minutes). Gently stir in coconut cream, coconut sugar, and lime juice, taking care not to break apart squash. Season soup with additional salt and lime juice to taste. Serve soup with lime wedges.

Excerpted from Soup Club: 80 Cozy Recipes for Plant-Based Soups and Stews to Share by Caroline Wright (Andrews McMeel, anticipated release November 2021)