



Sharing
knowledge in
accordance with
Hebrews 13:16



PUMPKIN NIGERIAN BEEF PEPPER SOUP (LOW CARB)

450g Pumpkin
350g Beef
1-2 cups of water
1.5 tbs Peppersoup Spice
1 tbs Ginger Powder
1 tbs Garlic Powder
Salt & stock cube to Taste
Ground Pepper
Scent Leaf (optional)

Pumpkin is a great substitute
thickener instead of yam.
It has less than a 1/4 of the
calories & carbs in yam



Sharing
knowledge in
accordance with
Hebrews 13:16



PUMPKIN NIGERIAN BEEF PEPPER SOUP (LOW CARB)

- Add all listed ingredients to pot (except pumpkin & ground pepper)
- Cook till beef is tender
- Quarter up 450 g pumpkin
- Peel skin off pumpkin
- Cut into 2 inch cubes
- Save some which you can cut into tiny pieces
- Pour Pumpkin chunks into tender meat
- Add more water and ground pepper to taste
- Stir & let it simmer for about 10 minutes



Sharing
knowledge in
accordance with
Hebrews 13:16

MAHS
MY AFRICAN HAIRITAGE STYLE

PUMPKIN NIGERIAN BEEF PEPPER SOUP (LOW CARB)

- Remove softened pumpkin & Blend with stock till smooth
Pour blended Pumpkin back into pot and add tender beef
- Add left over bits of pumpkin
- Simmer on low heat for 5 more minutes



Sharing
knowledge in
accordance with
Lebrews 13:16

MAHS
MY AFRICAN HAIRITAGE STYLE

Pumpkin Pepper Soup serves 3

NUTRITIONAL INFORMATION

Per Serving:

Calories 286.7 Cal

Carbs 11.3g

Protein 34.2g

Fat 9.5g

Fibre 0.8g