

# Caribbean Kidney Bean Vegan Soup With breadfruit dumplings

*Suzanne Brooks & Virginia Burke*

## Ingredients

1 cup dry kidney beans  
5 cups water  
2 carrots  
2 vegetable broth bouillon cubes  
2 cups water mixed with one pack  
coconut powder  
1 small scotch bonnet pepper  
1 Tbsp Italian seasoning  
A few pimento, allspice berries  
1 chopped onion  
3 cloves crushed garlic  
½ can crushed tomatoes  
½ tsp thyme  
½ tsp black pepper  
1 tsp salt  
2 cups finely chopped celery and  
carrots

1 cup breadfruit flour

## Directions

Cook beans in water until tender.  
Add all other ingredients except flour.  
Cook 45 minutes over medium heat.

Mix breadfruit flour with water and salt &  
pepper to taste. Keep adding small amounts  
of water while kneading until it sticks  
together.

Roll and drop into soup and cook an  
additional 10 minutes.



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