

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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