
Caribbean Kidney Bean Vegan Soup with Breadfruit Dumplings

Ingredients:

Amount (1, .50 , 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
1	cup	dry kidney beans	
5	cups	water	
2		carrots	
2		vegetable broth cubes	
2	cups	water	mix with one pack coconut powder
1	small	scotch bonnet pepper	
1	Tbsp.	Italian seasoning	
few		pimento, allspice berries	
1		onion	chopped
3	cloves	garlic	crushed
½	can	tomatoes	crushed
1/2	tsp.	thyme	
½	tsp.	black pepper	
1	tsp.	salt	
2	cups	celery and carrots	finely chopped
1	cup	breadfruit flour	

Recipe Instructions:

1. Cook beans in water until tender.
2. Add all other ingredients except flour.
3. Cook 45 minutes over medium heat.
4. Mix breadfruit flour with water and salt and pepper to taste.
5. Keep adding small amounts of water while kneading until it sticks together.
6. Roll and drop into soup and cook an additional 10 minutes.

<http://edn.link/xwwtma>