

CREAMY SPLIT PEAS SOUP WITH PLANTAIN FUFU



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STEP 1 *Creamy Split Peas Soup Ingredients*

3/4 cup split peas (soaked overnight)	1/2 onion (diced)
1 tsp minced garlic	1 minced beefsteak tomato
1 tbsp butter	1/2 tsp salt
1/3 tsp brown sugar	1/3 tsp black pepper
2 tbsp canola oil	2 green plantains

4QT Pot, Pot Spoon, Blender And Cutting Board Needed.

STEP 2 *Cook Creamy Split Peas Soup*

- ▶ Set aside plantains.
- ▶ Place split peas and other ingredients in pot.

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STEP 2 Contd. *Cook Creamy Split Peas Soup*

- ▶ Boil in 4 cups of boiling water 15 minutes on medium heat.
- ▶ Pour into blender and blend to a smooth consistency
- ▶ Return to 4QT pot with three additional cups of water.
- ▶ Boil for 20 minutes on low heat until soup thickens.
- ▶ Taste for balance of flavor.
- ▶ Peel plantains and cut into 10 pieces.
- ▶ Boil in soup on low heat for 15 minutes until tender.

STEP 3 *Prepare Plantain Fufu*

- ▶ Remove plantains from soup and mash into a soft, smooth consistency
- ▶ Add butter and form into 10 balls.
- ▶ Keep in separate bowl and drop into individual servings of soup.

Enjoy.

*Fresh vegetables and ingredients are best for
Vegan Delectable recipes for bold and authentic taste.*