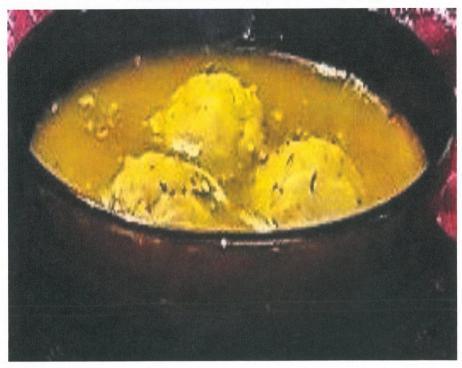
## **CREAMY SPLIT PEAS SOUP** WITH PLANTAIN FUFU



### CREAMY SPLIT PEAS SOUP WITH PLANTAIN FUFU

STEP 1 Creamy Split Peas Soup Ingredients

3/4 cup split peas (soaked overnight)

1 tsp minced garlic 1 tbsp butter

1/3 tsp brown sugar

2 tbsp canola oil

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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# CREAMY SPLIT PEAS SOUP WITH PLANTAIN FUFU

#### Cook Creamy Split Peas Soup STEP 2 Contd.

- ▶ 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.

#### Prepare Plantain Fufu STEP 3

- 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.

1/2 onion (diced)

1/3 tsp black pepper

2 green plantains

1/2 tsp salt

1 minced beefsteak tomato