



“Sos Pwa Rouge ak Boy” Red Bean Sauce with Dumplings

Ingredients:

1 lb. pkg of Small Red Kidney Beans (2 cups)	1 1/2 - 2 cups of flour	1 Maggie Chicken Boullion Cube
3 - 5 Garlic Cloves	5 - 7 Cloves	3 tbsps. Epis
2 sprigs of Thyme	1 diced Onion	4 tbsps. Vegetable Oil
4 tbsps. Butter	1/2 tsp. Goya Adobo	1/2 tsp. Seasoning Salt
1/2 tsp. Garlic Powder	Water	Salt to Taste

Directions:

1. Pour beans into a large pot and sift through to remove any debris such as rocks. Add water and rub beans with your hand to wash off any dirt then drain. Repeat process a few times until the water runs fairly clear.
2. To the cleaned beans, add 3 - 5 garlic cloves, a couple sprigs of thyme, 1 Maggie chicken bouillon cube, 5 - 7 cloves, and 2 quarts of water.
3. Turn heat to high and bring water up to a roaring boil. Once it has begun to boil, stir the contents then place the lid on the pot. Bring the heat down to a medium and let it continue to cook covered for about an hour and a half. At the end of cooking time, the water level should be just about the same with the beans. If the water does happen to dry out and cooking time has not fully lapsed, add more water and continue to boil.
4. Once beans are cooked, transfer contents to a large bowl. Remove the twigs of thyme and discard. Place about half of the beans, including the garlic cloves into a blender. Be sure to add some of the liquid to help blend the beans properly. It will be very thick. You may add the cloves (jirof) to the blender or discard.
5. Return the pot to the stove and add 4 tbsps. of vegetable oil, 3 tbsps. of epis and 1 diced onion. Saute on medium heat until translucent (about 3 - 5 minutes).
6. Add the unblended beans to the pot along with 1/2 tsp. Adobo, 1/2 tsp. garlic powder, and 1/2 tsp. seasoning salt. Continuing on medium heat, mix contents well until everything is fully incorporated and it has come up to a simmer (about 3 - 5 minutes).
7. Add the blended beans (which will be thick) along with an additional 4 cups of water and 4 tbsps. of butter. Mix contents well and let it return to a boil. Add salt to taste.
8. Meanwhile, in a bowl, add 1 1/2 cups of flour, 1/4 tsp. salt, and 3/4 cups of water. Mix ingredients together to form a dough. Add more flour little by little until dough becomes more uniform and less sticky while kneading.
9. Pinch off a piece of dough and roll it back in forth in the palm of your flour-dusted hands to form logs. Avoid making them too thick. They will expand when they cook and the thicker they are, the longer it takes to cook through. Feel free to make them as short or as long as you want. Make several of these with the remaining dough and set aside.
10. When the "sos pwa" comes up to a boil, add the dumplings in one by one in different areas in the pot. Let it boil for at least 3 - 5 minutes before stirring in order to prevent breaking them apart. Continue to let it cook on medium heat for 15 - 20 minutes or until dumplings are cooked through while stirring occasionally. The dumplings will rise as they cook. Once the dumplings are cooked through and the "sos pwa" has reached your desired consistency, it is ready to be served.