



Asopao de Gandules con Bolitas de Platanos Vegano

Serving: 6 servings

Preparation Time: 20 minutes

Cooking Time: 40

Ingredients:

Plantain Dumplings:

- 1 green plantains - peeled and shredded in food processor or using a hand shredder
- ½ tsp. garlic powder
- dash of salt

Asopao – Soup

- 1 can gandules – pigeon peas
- 1-quart veggie broth
- 2 tablespoons olive oil
- ½ cup sofrito or green pepper, red pepper, onion, garlic and cilantro, finely diced
- ½ cup tomato sauce
- ½ cups short-grain rice
- 1 carrot, diced

- 1 medium yellow potato, diced
- 1/2 tablespoon salt, or to taste
- ½ tsp nutritional yeast
- ½ tsp sazon
- olives and capers
- 1 bay leave
- 1/3 cup chopped cilantro for topping

Instructions:

1. Form dumplings from a 1/2 tablespoonfuls of shredded plantain, garlic, and salt. Set aside. See video and pictures for more details.
2. In a large caldero or saucepan, combine the gandules and the veggie broth. Heat until boiling.
3. While the stock and gandules boil, add the sofrito and cook about 4 more minutes. Add tomato sauce and simmer over medium heat for 5 minutes.
4. Add the rest of the ingredients to the broth and simmer for 30 minutes, or until the rice is cooked and the soup has thickened. Add the cilantro just before serving.
5. Asopao is a thick soup perfect for rainy days!