

## Alydia's Curried Broad Beans

- 3 cups broad beans (degassed and cooked)
- 1 tsp ginger (diced)
- 2 onions (minced)
- 3 stalks of scallion (diced)
- ½ tsp country pepper (diced)
- 3 carrots (cubed)
- 3 tbsp tomatoes (diced)
- 1 green country pepper (whole)
- 1 tbsp curry powder
- 1 sweet pepper (diced)
- Pinch ground pimento (allspice)
- 1 cup thick coconut milk
- Thyme and sea salt to taste, 1 pinch cumin (optional)

1. Sauté onions, scallions, carrots, curry, and ginger in a large sauce pan.
2. Add cooked broad beans, seasonings, the remaining vegetables, and the coconut milk. Let simmer until the onions appear translucent.
3. While simmering, taste and correct, adding more milk or water if it is too thick.

You can add oatmeal or flour dumplings (spinners) to this dish by mixing oats and cornmeal (or flour) with water and a pinch of salt, spinning them into balls and adding it to the mixture between steps 2 and 3.

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"From our table to yours, keep breaking bread and sharing love."

—The Right Rev. Dr. Kimberly Heath