

# Come Cook with Us – Jan 2023

## Sweet Red Bean Soup

Portions: 6

Pre-soak Time: 8 or more hours

Cooking Time: 1hr 15 min

Total Time: 9 hr 15 min

### Ingredients:

- 1 cup dried adzuki beans  
(aduki or azuki or small red beans)
- 7-8 cups water,  
depending on how thick/thin you would like it
- ¼ cup rock sugar, regular sugar, or preferred sweetener
- ¼ teaspoon orange zest or  
1 piece of chen pi (dried mandarin peel)
- ½ cup coconut milk; or  
low potassium option - Silk brand coconut milk  
(this is a low potassium alternative to coconut water or canned coconut milk)



### Instructions:

1. Rinse dried beans under cold water and then soak in water overnight in the fridge.
2. Drain and rinse the beans and transfer to a pot.
3. Add 6 cups of fresh water and the orange zest or chen pi. Bring to a boil, then let simmer for 1 hour with the lid slightly ajar. Over the course of the hour, add additional water as needed for the desired consistency.
4. When the beans look soft and broken down, Remove the chen pi and use a potato masher or the back of a wooden spoon to break down part of the beans.
5. Add the sugar continue to stir until dissolved.
6. Remove from heat and gently stir in coconut milk.
7. Enjoy hot, cold, or frozen into popsicles.

Adapted from the Wok n Kin