

## Ingredients

Cooking  
is  
Bliss!



- 1 ½ Lb. Pork Ribs, chopped
- 1 lbs. Smoked Ham, diced into medium cubes
- 1 tbsp Mrs. Dash Original Blend
- 5 cups water
- 1lb beef chuck, cubed (salt beef preferably)
- 1 tsp salt
- 1 tbsp Mrs. Dash original blend
- 3 cups water
- 1 tbsp vegetable oil
- 1 large yellow onion, diced
- 1 green pepper, diced
- 2 stalks celery, diced
- 1 tsp salt
- 2 tsp thyme powder
- 3 cloves of garlic, chopped
- 3 tomatoes, chopped
- 2 tbsp tomato paste
- 2 15 oz cans pigeon peas
- 1 large cassava, chopped
- 1 large, sweet potato, chopped
- 2 plantains (1 ripe, 1 green), chopped
- 2 corn on cob, chopped
- 2 carrots, diced

## Dough/Dumpling

- 2 cups All Purpose Flour
- 1 tsp Salt
- 1 cup water

This Bahamian soup is hearty & delicious! Smoked ham, pork ribs, beef, cassava, white sweet potato, plantain, carrots, corn, & dumplings! One of my favorite down-home meals!



1. In a large pot, over medium-high heat, add ham, ribs, water, & Mrs. Dash's original blend. Bring to a boil & cook for 1 ½ hrs. To another pot, add beef, salt, Mrs. Dash's original blend, & water. Bring to a boil & cook for 1 ½ -2hrs until tender.
2. Once meat is fully cooked & tender, strain the broth & set aside.
3. To a large pot, over medium heat, add 1 tbsp of vegetable oil & add onion, bell pepper, & celery. Add salt, thyme, & chopped garlic. Cook until translucent.
4. Add ham skin, & cut it into chunks to render fat & flavor.
5. Add tomatoes & allow to cook for 3-5 minutes until soft. Add tomato paste & allow to brown x 10 minutes.
6. Add peas. I mashed the peas from one can & left the remainder whole. Stir & allow to simmer X 5 minutes
7. Add strained broth from boiled meats to the pot at this time, then add ham, ribs, & beef. Bring to a boil.
8. Add cassava, sweet potato, plantain, corn & carrots
9. In a separate bowl, mix together flour, salt, & water. Mix until dough forms. Roll out the dough with a rolling pin & cut out circles, strips, & spinners. Add dough pieces to the pot & cook for 10-15 minutes.

## Notes:

- You can substitute pigeon peas for whichever peas you prefer - kidney beans, lentils, butter beans. I have tried them all & the soup is still amazing.
- Smoked turkey is a great alternative to the meats used in this recipe
- You can add seasoning of your choice to boiled meats.