

## Chinese Sweet Red Bean Soup

<http://userealbutter.com/2010/07/15/chinese-sweet-red-bean-soup-recipe/>

1 cup adzuki beans, dried  
8 cups water (more as needed)  
dash unflavored oil (canola, vegetable, etc.)\*  
3 cups water (more as needed)  
1 tbsp small tapioca pearls, dried  
1/2 cup sugar (more or less to your preference)

\*Only use for pressure cooker method.

Soak the beans in water overnight. Drain and rinse the beans.

**Conventional stove-top method:** In a 3 quart saucepan, combine the adzuki beans with 8 cups of water and set to boil over high heat. When the water reaches a boil, let it continue for a minute. Reduce the heat to a simmer and cover the pan (take care that it doesn't boil over – ugh, what a mess). Let the beans simmer for about 90 minutes or until they are soft enough that they are almost falling apart (I simmered mine for 2 hours, but I'm at elevation).

**Pressure cooker method:** Place the drained soaked beans and 8 cups of water and a dash of unflavored oil (canola, vegetable, etc.) in the pressure cooker. Seal the pressure cooker and set to high pressure setting. Heat over medium high heat. When pressure is reached, cook for 5 minutes at pressure. Turn off the heat and leave the pressure cooker to release naturally (just let it decompress on its own).

**Both methods:** While the beans are simmering or the pressure cooker is cooling, in a separate saucepan, boil 3 cups of water. When the water comes to a boil, add the tapioca pearls and reduce to an active simmer. The tapioca pearls will eventually turn translucent. When they are half cooked, they will look like reverse tadpole eggs. When they are nearly done, the whole pot will look like a little galaxy of stars. Add more water if it boils down too quickly. When the white centers are almost gone (this took me about 25 minutes), you can remove the pan from the heat. When the adzuki beans are done (or pressure cooker naturally released), remove from heat (or open the pressure cooker) and stir in the sugar. You can either leave the beans as they are, blender all of the soup, or only blender half of the soup/beans. Totally up to you. Stir the tapioca pearls and liquid into the soup. Serve hot, warm, or chilled. Serves 8.