

# Classroom activities

USPG Harvest cross-curricular classroom activities for primary schools

## Activity 3: Recipe for African coconut bean soup

Curriculum links: English, RE, PSHE, Design and Technology

### Ingredients (makes 8 portions):

- Half a cup of finely chopped onions
- Half a cup of finely chopped green peppers
- 1 tsp curry powder
- Pinch of salt
- Pinch of pepper
- Butter
- 2 fresh tomatoes, finely chopped
- A can of kidney beans
- 2 cups of coconut milk
- 3 cups of water
- Half a cup of cooked rice

### Method:

Gently fry the onions, peppers, curry powder, salt and pepper in a little butter.

Add the chopped tomatoes, simmer for two minutes.

Add the kidney beans, coconut milk and water. Leave to simmer for 10 minutes.

Add the cooked rice.

To serve, garnish each bowl with 1 tsp shredded coconut.