

# Haitian Soup Joumou

## prep work: Beef Marinade

4 cloves garlic, crushed  
1 shallot, minced  
2 green onions, thinly sliced  
1 tsp. dried thyme  
1/4 tsp. pepper  
2 tsp. salt

1 T tomato paste  
1 lb. beef cut into chunks

Mix marinade and let beef soak overnight (or at least 4 hours). Saute beef in tomato paste and oil, set aside for later.

## Soup ingredients, preparation and instructions

**C** = *peeled and cut into bite-sized chunks*

15-20 C water  
2 lbs. pumpkin or other winter squash, peeled and chopped into large chunks  
2 plantains, peeled and sliced into thick chunks  
2 carrots, peeled and sliced  
2 turnips **C**  
4 C hearty greens like Kale or collards, chopped  
4 small potatoes **C**  
3 C roughly chopped green cabbage  
1 large tomato, cut into bite-sized chunks  
3 C taro\*  
1 large yam or sweet potatoes **C**  
1 Anaheim pepper, cut into thin slices  
1-2 tsp. salt  
5 large sprigs parsley  
1 habanero pepper  
1/2 C tomato sauce  
juice of 1 lime  
1 onion, cubed  
1/2 green pepper

Prepare the meat up to one day in advance (meat is optional in this recipe, tofu can be used). Prepare all vegetables. In a large pot, bring 15-20 C water to a boil. Add hard vegetables and cook until almost tender. Add rest of ingredients, cook until all veggies are tender, serve.

\*taro is a root vegetable, available at Asian markets and some super-markets

