



Marie's Haitian Soup

Family Recipe

Serves 6

Ingredients:

- 1 tablespoon vegetable oil
- 4 cloves fresh garlic, peeled and chopped
- 1 onions, peeled and diced
- 2 scallions, trimmed and sliced
- 1 teaspoon kosher salt
- 1/4 teaspoon white pepper
- 1 small head green cabbage, cored and chopped
- 2 baking potatoes, peeled and diced
- 1 turnip, peeled and diced
- 2 parsnips, peeled and diced
- 2 carrots, peeled and diced
- 1 butternut squash, peeled and diced
- water to cover vegetables

Directions:

1. Heat the oil in a large pot over medium heat. Add the garlic and cook until golden. Add the onions and scallions. Sprinkle with salt and pepper. Cook the onions until they begin to soften, stirring often.
2. Stir in the cabbage. Reduce the heat slightly and cover the pot. Cook the vegetables for 5 minutes.
3. Add the potatoes, carrots, turnip, parsnip, and squash. Cover the pot and cook the vegetables for 5 more minutes.
4. Raise the heat to high and add enough water to just cover the vegetables. Bring the soup to a boil. Then reduce the heat and simmer the soup for 30 minutes.
5. After 30 minutes, using a wire whisk or hand held blender, begin stirring the soup to break up the vegetables.
6. Continue simmering and blending the soup often until most of the vegetables have broken down and the soup is thick, approximately 30 minutes more.
7. If necessary, season with additional salt and white pepper.

For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.

For more information, email dolcott@challiance.org.

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

Do 5-2-1 Every Day!

5 servings of fruits & vegetables

2 hours or less of TV/screen time

1 hour of physical activity