

FREEDOM SOUP

There are lots of ways to make this soup. Ingredients vary by household and also by region of Haiti. It can be cooked with any type of meat. My personal favorites are beef, chicken, and turkey. Freedom Soup made with seafood is also a delicious option! Or you can leave out the meat altogether and make a vegetarian version.

Here, I've created an easy, no-fuss, kid-friendly recipe. Traditional Freedom Soup can include more vegetables and often uses *joumou*, calabaza squash. You'll notice that my recipe is slightly different from the one Belle makes. It uses frozen butternut squash, which can be easier to find in the market than pumpkin.

EPIS

Epis is a common marinade used with meats and to flavor many Haitian dishes.

INGREDIENTS

- 3 scallions, coarsely chopped
- 3 garlic cloves
- 2 bell peppers (red and/or green), seeds removed, coarsely chopped
- 5 sprigs of thyme
- 1/2 cup chopped cilantro
- 1/2 cup chopped parsley
- 2 celery stalks, coarsely chopped
- 1/4 cup olive oil
- 1/2 cup lime juice
- 1 teaspoon vinegar

DIRECTIONS

1. Blend all the ingredients in a blender, or mash them using a pilon (mortar and pestle).
2. Pour over the meat you will use for the soup.
3. Marinate for up to 24 hours.



SOUP

INGREDIENTS

- 2 pounds of your preferred marinated meat
- 2 tablespoons olive oil
- 8 cups stock (beef, chicken, or vegetable)
- 2 packages frozen butternut squash
- 1 Scotch bonnet pepper (optional)
- 1/2 teaspoon dried thyme
- 2 tablespoons chopped parsley
- 2 tablespoons chopped cilantro
- 1 large potato, peeled and cut into 1 1/2-inch pieces (could substitute with malanga or use both)
- 2 carrots, cut into 1 1/2-inch pieces
- 2 stalks celery, cut into 1 1/2-inch pieces
- 1/2 small green cabbage, cored and cut into 1 1/2-inch pieces
- 1 handful of spaghetti, broken in half

DIRECTIONS

1. In a large soup pot, brown the meat in the olive oil.
2. Add the stock, squash, and Scotch bonnet pepper. Boil until the meat reaches your desired level of tenderness.
3. Add the thyme, parsley, cilantro, and potato to the pot. Continue boiling for approximately 15 minutes.
4. Add the carrots, celery, and cabbage. Reduce heat, and simmer for approximately 25 minutes, or until tender.
5. Stir occasionally until the soup thickens. Add the spaghetti and cook according to package directions.
6. Don't forget to remove the Scotch bonnet pepper!
7. Add salt and pepper, to taste.

Bon appétit!