



HAITI ADVOCACY MINISTRY



Soup Joumou, (“joomoo”), Freedom Soup

Description:

Soup Joumou is a celebratory stew traditionally served in Haiti on January 1, the day Haiti gained

independence from France. Once reserved for French slave masters and forbidden to the enslaved people who cooked it, the soup became a symbol of freedom after independence, when Haitians prepared and shared it to celebrate liberation. Haiti remains the world’s first and only nation formed by a successful slave revolt.

Best made in a large, tall aluminum pot, Soup Joumou is a hearty, nutritious one-pot meal—perfect for feeding a crowd, enjoying leftovers, or freezing. Below is one variation of the recipe.

Ingredients:

Epis Seasoning:

- 1 small onion, coarsely chopped
- ½ green bell pepper, coarsely chopped
- ½ red bell pepper, coarsely chopped
- ½ yellow bell pepper, coarsely chopped
- 6 scallions, coarsely chopped
- 6 garlic cloves, coarsely chopped
- 1 cup coarsely chopped parsley leaves with tender stems
- ½ cup olive or canola oil
- 6 basil leaves

Soup:

- 1 cup distilled white vinegar, divided
- 2 pounds stew beef (preferably chuck) cut into 1" cubes
- 1 lime
- 1 tablespoon sea salt
- 16 cups beef or vegetable broth, divided
- 1 medium calabaza or butternut squash (about 2 pounds), peeled, cut into 1" chunks
- 1 16-oz. can pumpkin puree
- 3 large russet potatoes, diced
- 3 carrots, sliced
- ½ small green cabbage, thinly sliced
- 1 medium onion, sliced
- 1 celery stalk, chopped
- 1 leek, white and pale-green parts only, chopped
- 1 ½ cups rigatoni, penne or other pasta
- 6 whole cloves
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 ½ teaspoons kosher salt, plus more
- ½ teaspoon freshly ground black pepper, plus more
- 1 parsley sprig
- 2 tablespoons olive oil
- 1 tablespoon butter, unsalted

Directions:

1. Combine all ingredients for the epis seasoning in a blender or food processor. Blend until smooth like a paste.
2. Pour 1 cup vinegar into a large bowl. Swish stew beef in vinegar to rinse. Transfer beef to a colander and rinse with water.
3. Stir Epis Seasoning Base, juice from lime, and salt in another large bowl. Add beef, toss to coat, and let marinate for at least 30 minutes.
4. Heat 6 cups of broth in a very large stock pot over medium heat. Add marinated beef, cover, and simmer until meat is beginning to soften, about 40 minutes.
5. Add squash to pot on top of beef, cover, and return to a simmer. Cook until

squash is fork-tender, 20–25 minutes.

6. Add a can of pumpkin to the broth.

7. Add potatoes, carrots, cabbage, onion, celery, leek, rigatoni, cloves, garlic powder, onion powder, 2 1/2 teaspoons salt, 1/2 teaspoons pepper, parsley, and remaining 10 cups broth. Simmer, uncovered, until pasta and vegetables are tender, 30–35 minutes.

8. Add oil, butter, and remaining 1 tablespoon vinegar. Reduce heat to medium-low and simmer until beef is very tender, 15–20 minutes more.

Serves 15.

It takes about 90 minutes to prepare, but it's worth it!