



# Soup joumou (Haitian squash soup)

Each Haitian family has its own recipe for *soup joumou* and on New Year's Day, people go house to house, visiting friends and family, sharing bowls of soup joumou together.

**YIELD:** Serves 6-8

**INGREDIENTS:**

1½ pounds beef stew chunks, cut into ½-inch pieces  
3 tablespoons canola oil  
2 medium onions, finely chopped  
1 cup leeks, finely chopped  
½ cup green onions or shallots, finely chopped  
6 garlic cloves, crushed  
1 green bell pepper, finely chopped  
1 celery stalk, finely chopped  
2 sprigs fresh thyme, washed and tied with twine  
3 cups calabaza squash, seeded and peeled, cut into 1-inch pieces (can substitute butternut squash or pumpkin)  
2 medium carrots, cut uniformly in small pieces  
7 cups low-sodium beef broth (can substitute chicken or vegetable broth)  
½ cup (half bunch) flat-leaf parsley, washed and tied with twine  
2 Scotch bonnet peppers, whole (can substitute jalapeño peppers)  
1 pinch cloves  
1 pinch nutmeg  
2 medium potatoes, peeled and cut into ½-inch pieces  
1 turnip, peeled and cut into ½-inch pieces  
¼ head small green cabbage, thinly sliced  
Juice of 3 Key limes (approximately 1 regular lime), plus wedges for serving  
Salt and pepper to taste

**STEPS:**

1. In a large soup pot, heat oil on high heat until just beginning to smoke. Add the meat and brown thoroughly on all sides, approximately 5–10 minutes.
2. Remove the meat from the pot, and set aside. Leave the oil in the pot.
3. Add the onions, leeks and green onions to the pot. Cook on high for 10–15 minutes until they are soft and a golden brown.
4. Add the garlic, green pepper and celery and cook, stirring frequently, for 1 minute more.
5. Add the thyme, squash, carrots and beef broth. Bring to a boil, reduce heat to a simmer and cover. Cook on low heat for 45 minutes, or until squash and carrots can be smashed easily with a fork.
6. Remove the soup from the heat and puree until it is a smooth texture. Soup joumou can be a wide range of textures, so thin with water to your preference.
7. Return the pureed soup to a large, clean pot and add the cooked beef, parsley, Scotch bonnet peppers, cloves and nutmeg.
8. Bring the soup to a simmer on medium-low heat covered and cook for an additional 45 minutes.
9. After 45 minutes, add the potatoes and turnip and continue to simmer for 15 minutes, or until the potatoes and turnip are cooked through.
10. Add cabbage and cook for an additional 5 minutes.
11. Remove the thyme, parsley and Scotch bonnet peppers and discard. Serve with salt, pepper, fresh lime juice and fresh parsley.