

PAPA SOUP (DRIED MEAT SOUP)

INGREDIENTS

- 6 pieces of Papa (dried meat)
- 1/2 string of tinspila (turnips)
- 2 cups dried corn
- 1 diced onion
- 6 diced potatoes
- 5 quarts of water
- Salt and pepper, to taste



DIRECTIONS

1. Soak tinspila and corn in one quart of water overnight.
2. Boil four quarts of water.
3. Add papa, tinspila and corn. Cook until tinspila are soft.
4. Add onions and potatoes. Cook until potatoes are done.
5. Add salt and pepper to taste.

NUTRITIONAL INFORMATION

Calories per serving: 173

Protein: 21.5 grams

Total fat: 1 gram

Sodium: 40 grams

Total carbohydrates: 33.8 grams



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaǵ'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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