

# Papa Soup (Dried Meat Soup)

Serves 8

## Ingredients

- 6 pieces of Papa (dried meat)
- ½ string of tinsila (turnips)
- 2 cups of dried corn
- 1 onion, diced
- 6 potatoes, diced
- 5 quarts of water
- Salt and pepper to taste

## Nutritional Information

Calories per serving 173

Protein 21.5g

Total fat 1.0g

Sodium 40g

Total Carbohydrates 33.8g



## Instructions

Soak tinsila and corn in water overnight. Boil 4 quarts of water. Add Papa, turnips, and corn. Cook until turnips are soft. Add onions and potatoes. Cook until potatoes are done. Add salt and pepper to taste.

## Tinsila

Tinsila or wild prairie turnips are an important food for Native Americans in the Great Plains region. Tinsila is gathered every summer. The tinsila plant is dug, then the stem is placed back into the ground to spread the seeds. Tinsila is often braided and dried for later use in foods. Tinsila is used in many traditional foods, such as Papa soup.



## Did you know?

Tinsila can be dried and ground into flour.