

# MARTINNA ELSTAK'S SOUP JOUMOU

## *Ingredients*

2 lbs. Angus beef steaks  
Salt  
Vinegar  
Lime  
Water  
2 Tbs olive oil  
2 cups chicken broth  
5 cloves garlic, peeled and chopped  
1 Tbs tomato paste  
2 butternut squash  
3 sliced carrots  
3 chopped celery sticks  
1/2 chopped cabbage  
2 butternut squash  
4 small butter potatoes, cubed  
1 cup penne  
1 cup spaghetti  
thyme  
parsley

## Haitian Epise Marinade:

Fresh ginger, peeled and diced  
Dash of Kosher Salt  
2 Spoonfuls Better than Bouillon  
Frank's Hot Sauce  
All-purpose seasoning  
Garlic salt  
Allspice  
Chopped parsley

Wash steaks with salt, vinegar, lime and boiling water; cut into cubes. Marinade in Haitian Epise Marinade from 3 hours to overnight (always better overnight).

Cut butternut squash into large chunks. In separate saucepan, boil about 35 to 45 minutes on high, adding water if pan starts to go dry. Remove skin and seeds; puree.

In a large deep pot, add olive oil and brown meat over medium high. Add 6 cups of water, chicken broth, garlic, and tomato paste. Cook for an hour and a half until meat is tender. Add pureed squash. Add potatoes and cook for 10 minutes. Add penne and spaghetti, breaking spaghetti in half when adding. Add cup of water. Cook on medium high for 20 minutes. Enjoy!

*Recipe courtesy of Martinna Elstak and THP Board Member Craig Elstak.*