



PAPA SOUP (DRIED MEAT SOUP)

COOK TIME: 45 MIN | SERVINGS: 4

ingredients

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

directions

1. Soak tinsila and corn in water the night before.
2. Boil 4 quarts of water.
3. Add Papa, turnips, and corn. Cook until turnips are soft.
4. Add onions and potatoes. Cook until potatoes are done.
5. Add salt and pepper to taste.



Tradition and Nutrition

TINPSILA

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

Did you know?

Tinpsila can be dried and ground into a flour?

