

COOK TIME: 45 MIN | SERVINGS: 4

ingredients

6 Pieces of Papa (dried meat) 1/2 string of tinpsila (turnips)

- 2 cups of dried corn
 - 1 onion diced
 - 6 potatoes diced
 - potatoes diced
- 5 quarts of water

Salt and pepper to taste

directions

- 1. Soak tinpsila 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.
- 4. Add omons and potatoes. Cook until potatoes are done.
- 5. Add salt and pepper to taste.

This publication was supported by the Cooperative Agreement Number, NU58DP006729, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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?

