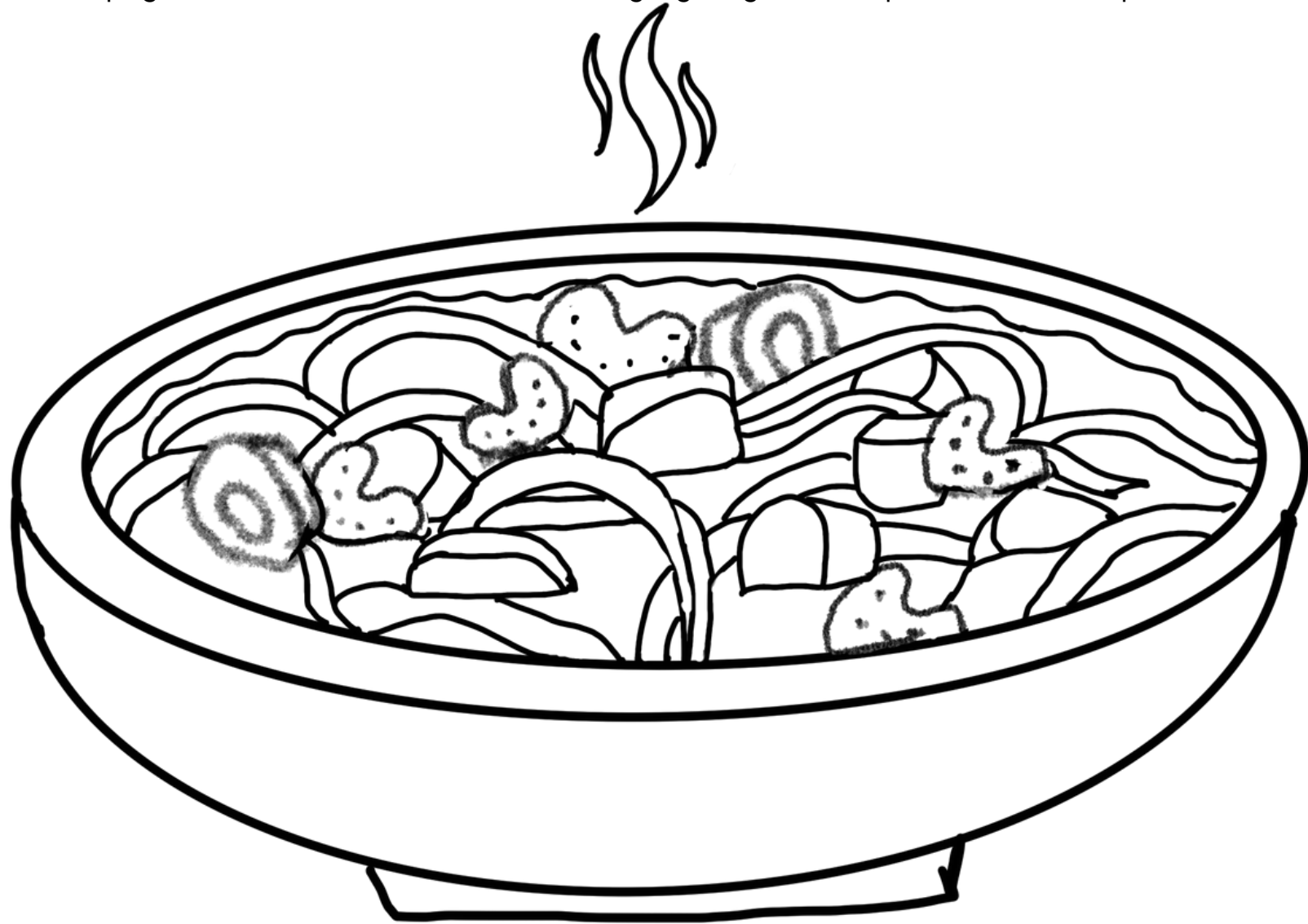


It's Freedom Soup

Every January 1, Haitians savor Soup Joumou to celebrate Independence Day. This special soup, once exclusive to slave owners, became a symbol of freedom after Haiti gained independence. Enslaved once forced to prepare, took their captor's soup and added their own story. Now each Haitian family adds their twist, but generally, the stock base is squash with veggies, meat, and spaghetti. Color this delicious tradition, highlighting the triumph of the Haitian spirit



This version of soup has celery, carrots, and meat.