



Cachupa

Cachupa is a traditional Cape Verdean dish. At the heart of this delicious slow-cooked stew is hominy, a dried maize corn. We love cachupa because it uses fresh, seasonal vegetables and the chef can be as creative as he or she wants.

Ingredients

3 cups of hominy	2 lbs. winter squash, peeled and chunked
2 cups of beans (lima or kidney)	1 onion, chopped
1/2 cup of shell beans	2 cloves of garlic, peeled
Meat Optional (chicken, beef, pork)	2 bay leaves
1- 6 oz cans No Salted Added tomato paste	Add spices to taste (Pepper, cumin, paprika, coriander)
2 lbs. chopped cabbage	
2 lbs. chopped collards	
2 lbs. quartered tomatoes	
4 lbs. chopped yams/sweet potatoes	

Instructions

To make Cachupa, soak the hominy and beans overnight. In a large pot, boil about 6 cups of water. Add the olive oil, onion, garlic and bay leaves to boiling water then add beans and hominy and salt. Season mixture with cumin, paprika, coriander, and pepper to taste. Lightly cook and season meat separately. You may sauté the meat with onions and tomato paste in olive oil for added flavor. Add vegetables and meat to the stockpot when the hominy and beans become tender. Cook on low heat for approximately one hour. *Recipe courtesy of Fresh Food Generation*



Building a Healthy Boston
Mayor Martin J. Walsh

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at www.bphc.org/SwapTheSalt

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