

International Flavor Series- Haitian Legume Family Recipe



Part of the international flavor series, this recipe, adapted from an authentic family recipe, was prepared and offered to students throughout several schools in Cambridge. The recipe was presented to the district through community outreach and collaboration with the Cambridge Public Health Department, and the Community Engagement Team, Department of Human Services. The International Flavors Series was created in order to bring authentic international recipes, reflecting the diversity of Cambridge students and families, into the school menu.

INGREDIENTS:

Oil, Vegetable	2 Tbsp
Onions, Diced	½ cup
Garlic, Fresh, Minced	2 cloves
Green Bell Pepper, small diced	1 each
Red Bell Pepper, small diced	1 each
Summer Squash, diced	1 each
Zucchini, diced	1 each
Eggplant, diced	1 large (or 2 small/medium)
Carrots, fresh or frozen, coins	½ cup
Cabbage, Shredded	1 cup
Adobo Seasoning	1 Tbsp
Red Pepper Flakes	¼ tsp
Chicken Broth	1 ½ cups
Tomato Paste	2 Tbsp
Spinach, Fresh	2 cups
Chicken, Cooked and Diced	1 pound



This recipe makes 4-6 servings.

PREPARATION METHODS:

1. In a large skillet or medium sized pot warm the oil over medium high heat.
2. Add the garlic and onion and cook until the onions are translucent and the garlic is golden.
3. Add the green and red peppers and cook for about 5 minutes while stirring.
4. Add the summer squash and zucchini and cook for about 5 minutes while stirring.
5. Add the eggplant, carrots, cabbage, and seasonings and cook for another 5 minutes while stirring.
6. Stir in the chicken stock and tomato paste.
7. Once incorporated, stir in the spinach and bring to a slow simmer.
8. Once simmering add the cooked chicken and stir every 15 minutes or so for at least 1 hour.
9. For a more rich flavor, you can continue to cook the dish for up to 3 hours, as long as you stir and add water as needed.