

# Cachupa

Traditional Cape Verdean Dish • Brockton WIC Staff favorite

## Ingredients

- |   |                               |
|---|-------------------------------|
| 3 cups hominy (dried corn, white)               | ½ bunch cilantro, chopped     |
| 2 cups dried lima Beans                         | 1 large onion, chopped        |
| 1 lb. pork Loin                                 | 4-5 bay leaves, crushed       |
| 1 lb. pork shoulder                             | 5-6 garlic cloves, chopped    |
| 1 lb. Collard Greens, chopped                   | ½ 6-oz. can Tomato Paste      |
| 1 lb. Winter Squash, sliced – skin on, no seeds | 2 tablespoons Sea Salt        |
| 1 lb. Sweet Potato, peeled and sliced           | ¼ cup Olive Oil               |
| 1 large tomato, chopped                         | 1 small bag frozen Lima Beans |

## Directions

1. Soak hominy and dried beans together in water in extra large stock pot overnight.
2. Next day drain and rinse hominy and beans. Refill stock pot with fresh water almost to top and add drained beans and hominy. Cook over medium heat until boiling for 2 hours.
3. Chop raw meat into chunks and add to stock pot. Add all remaining vegetables, seasonings and oil. Continue to boil until tender, approximately 1 hour. Ready to eat when vegetables and meat become fork tender.
4. Spoon into serving dish and enjoy!

# Leftover Cachupa Breakfast

## Directions:

1. Sauté 1 large chopped onion in a skillet with olive oil until lightly browned.
2. Add 4 cups of leftover cooked Cachupa and sauté with the onions. Cook until the liquid dries away and becomes crispy.
3. This will resemble browned hash and is best served with eggs for a very hearty breakfast. You'll feel special if someone makes this treat for you!



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