



Zuni Corn Soup

Below is a quick-to-prepare soup recipe from The Center for American Indian/ Indigenous Research & Education's (C.A.I.I.R.E.) Native Cookbook. Soups and stews are the original comfort food; the best part is how simple they are to make. Even better is that local, fresh ingredients can be substituted. Serves 6.

Ingredients:

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| 1 | tablespoon corn oil | 1 | to 2 teaspoons ground |
| 1 | cup green onions thinly sliced | | New Mexican red chili |
| 1 | pound boneless venison, lamb, or goat meat, cubed | | Salt, to taste |
| 6 | cups meat broth or water | | Fresh cilantro, either sprigs or chopped, for garnish |
| 4 | cups fresh or frozen corn kernels | | |

Preparation:

- 1) Heat oil in a soup pot or Dutch oven. Add green onions and fry at a low temperature briefly. Stir in meat and 3 cups of broth.
- 2) Simmer for about an hour, until meat is tender.
- 3) Add remaining broth, corn, chili and salt.
- 4) Simmer for about 15 minutes, until corn is tender.
- 5) Serve the hot soup in bowls, topped with your choice of cilantro garnish.

TRADITIONAL FOODS INCLUDE

Apples • Beans • Bear Berries • Buffalo/Bison
Cranberries • Duck
Elk • Maize • Moose
Mushrooms • Rabbit
Salmon • Shellfish
Squash • Wild Carrots
Wild Garlic • Wild Onion
• Wild Rice and more •

Traditional foods help fight cancer! —by Jennifer Joyner

Before there were superstores—where you can buy a dozen kinds of flavored chips made of potatoes or corn grown a thousand miles from home—there were family farms. Store-bought bread didn't exist. It was made in a traditional way with traditional ingredients, the way it's been done for centuries. This is still true for Tribes where bread is made with home grown corn and cooked using flat iron pans or baked in outdoor brick ovens.

We all know that fast food isn't good for us, but did you know that good food can fight cancer? Many traditional foods contain anti-cancer properties. In our ancestor's time there wasn't as much cancer. People ate seasonal, local foods. They learned from the Elders the traditional way of preserving those foods. Today, for many cultures, cooking with fresh ingredients and loving hands is still the best way to show gratitude for abundance and good health when preparing ceremony feasts.

Today we might not have the land or the time to grow our own food. Just the same, we can still choose fresh vegetables instead of over-processed food at the store. True, it takes a little planning to cook home meals, but it's a great way to help you and your family live healthier. Besides, homemade food tastes better than fast food any day!

The Mission of C.A.I.I.R.E. is to: "Conduct the highest quality evaluation and research utilizing methods that are congruent with American Indian culture and values." For more information, visit: www.nursing.ucla.edu/orgs/caiire/index.html