

From: Returned Peace Corps Volunteers of South Florida Rpcvsf@wildapricot.org
Subject: Marvin, the RPCVSF newsletter is here!
Date: January 8, 2020 at 9:00 AM
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Returned Peace Corps Volunteers of South Florida is *your* group—please join us for fun get-togethers, community service activities, job/life networking, great events, stimulating conversation, and much more.
Read on and get involved!



Tropical Currents

The RPCVSF Newsletter

January 2020

UPCOMING EVENTS

21st Everglades Outing

A Towering Task Film Screening

Bon Voyage Picnic

Countdown to the Everglades

Now that the countdown to the ball drop in Times Square is done, let the countdown to the [21st Annual Everglades Outing](#) begin! The event is on February 1st. 24 days to go...have you [signed up](#) to volunteer yet?



Above: Learning about the Everglades with the Park Rangers in 2019



Above: Some of the local attractions



Above: The lunch crew is ready to serve! (2019)



Above: Fun with the park firefighters (2019)



Soup Joumou

January 1st is not only the start of the new year, it's Haitian Independence Day too! This pumpkin soup was forbidden to slaves while under French rule, so once they were free they ate it to celebrate their freedom

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Ingredients

- 5 cloves garlic
- 2 scallions, sliced
- 1/4 cup roughly chopped parsley
- 1/2 tsp. dried thyme
- 2 medium shallot, sliced
- 2 scotch bonnet chiles, whole
- Juice of 1 lime
- salt and black pepper
- 1 lb. chuck beef, cut into 1/2" pieces
- 2 tbsp. olive oil
- 10 cups beef stock
- 3 carrots, sliced
- 3 stalks celery, sliced
- 2 leeks, trimmed and chopped
- 1 yellow onion, diced
- 1 large potato, peeled and diced
- 1 medium turnip, peeled and diced
- 1/2 small cabbage, cored and chopped
- 1 medium kabocha squash, roasted and pureed
- 1 box (16 oz.) rigatoni

Instructions

1. Puree garlic, scallions, parsley, thyme, shallots, chile, juice, salt, pepper, and 1/2 cup water in a blender until smooth. Mix with beef, cover, and refrigerate at least 4 hours or overnight.
2. Cut the squash in half. Drizzle with olive oil and sprinkle with salt. Roast in the oven at 425° for about 30 minutes or until tender. Puree in blender or food processor, adding beef broth as needed to thin it out.
3. Remove beef from marinade. Heat oil in a stockpot over medium-high heat. Add beef and brown. Add stock and bring to a boil. Reduce heat to medium and cook, stirring occasionally, until beef is tender, about 1 1/2 hours.
4. Add carrots, celery, leeks, onion, potatoes, turnips, and cabbage. Let it simmer, covered, until vegetables are tender, about 20 minutes. Stir occasionally.
3. Uncover. Stir in squash puree and uncooked rigatoni. Cook, stirring occasionally, until soup is slightly thicker, 5–10 minutes. Add more broth, if needed. Season with salt and pepper to taste.

Bon appétit!

[RPCV Health Crusade](#) is a new nonprofit dedicated to health initiatives for PCVs and RPCVs. Please take [their survey](#) to help them focus their energy on the