

Diet

The traditional Hmong diet is very healthy. In the highlands of Southeast Asia and China (and often today in America), Hmong grow their own vegetables. They occasionally keep chickens and less occasionally pigs or cattle. Staples include rice, mustard greens, herbs, papaya, and cabbages.

Healthy recipe

Green noodle soup (Milwaukee Hmong style) (serves 10-12)

Ingredients (soup)

1 white onion, peeled and chopped
1 bunch cilantro, stems removed and leaves chopped
1 bunch parsley, stems removed and leaves chopped
1 tbsp. fresh ginger, peeled and diced
2 cloves garlic, crushed
2 cups mustard greens, chopped
Water
3 vegetable Maggi cubes
¼ cup olive oil
2 tsp. sesame oil
2 tsp. soy sauce, or to taste
1/2 -3/4 lb. vermicelli noodles (as preferred)

On side

Cilantro sprigs
Basil sprigs
Green onions
Bean sprout sprigs
Lime wedges

Directions

1. Prepare soup vegetables.
2. Fill a 6 qt. pot or slow cooker just over the halfway mark. Heat to boiling.
3. Add soup vegetables, reduce heat to medium. Cook 20 minutes.
4. Add Maggi cubes, oils, soy sauce, and noodles. Cook 12 more minutes, or until noodles are the desired softness.
5. Ladle soup into serving bowls.
6. On small plates next to bowls, add to each plate 3 sprigs of cilantro, basil, and bean sprouts, plus one lime wedge and green onion. Diners should add these garnishes to soup, as preferred.
7. Serve with rice and sliced chicken.