

Corn and Bean Soup – Traditional Native American dish

1 1/2 cups dried kidney beans (or can kidney beans)

1/2 cup hominy (kernels of corn with the outer skin removed)

1/2 cup maize/corn kernels (canned or frozen)

1/2 pound smoked ham (substitute for bison meat)

1/2 teaspoon salt

1 small onion, sliced

Water

Wash dried beans. Cover with water and soak overnight. Drain water.

Place beans and ham in saucepan with water about 2 inches above beans.

Cover and cook 30 minutes. Add hominy and stir. Cook 15 minutes. Add corn and stir. Push out rings of onion and lay on top of mixture. Cook about 20 minutes. Stir well. Cover and cook 1 1/2 hours. Serves 6 to 8.

Food in Kansas

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