

Speckled Butter Beans and Cornbread

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 2 hours

Serves: 6 one cup servings

CChints: This is southern comfort food made a little easier by using frozen beans that can be found at the larger discount supermarkets stores. You can substitute Butter Beans or Pinto Beans. Smoked turkey legs or wings can be found in the meat section and when cooked, the meat is as yummy as the seasoning they add to this dish.



1 pound smoked turkey parts, legs or wings

4 or more cups or water

2 pounds frozen speckled butter beans

2 eggs, slightly beaten

2/3 cup skim milk

1 teaspoon sugar or Splenda®

2 – 8 ounce boxes cornbread mix

Cooking Spray

1 medium sweet onion, diced, Walla Walla, Oso or Vidiala

Optional: 1 cup sweet pickle relish

Butter

Salt and pepper to taste

In a dutch oven or large covered pot, bring 4 cups of water with the turkey to a boil. The pot of water will boil quicker if you cover the pot. Make sure the water is at least 1 inch deep. If you need more water, add it now. When it comes to a boil, reduce the heat to medium-low and simmer for 20 minutes. Let the beans sit out during this time so they start to thaw. If you add the beans frozen, it will bring down the water temperature in the pot. Add the beans to the pot and simmer, covered for 45 minutes.

During this time, you can cook the cornbread and set the table. You will want to time the cooking of the cornbread so that it is done when the beans are done.

Heat the oven to 400 degrees F. Spray a 9x13 pan with cooking spray. In a medium mixing bowl, blend together the eggs, milk and sugar. Stir in the cornbread mix and blend well. Pour into the baking dish and bake for 15-20 minutes until it is a golden brown. Turn off the oven and let cool 2 minutes and cut in serving size pieces.

When you are ready to serve, take the turkey out of the pan and put on a cutting board. Remove the bones and cut the meat into bite size pieces and return them to the pot of beans. In a large bowl or plate, crumble a piece of cornbread. Spoon 1/2 to 1 cup of beans and juice over the cornbread. Sprinkle with a few fresh onions and a small amount of optional sweet relish. The cornbread that is left can be served on the side with a slice of butter on top.

Caroleicious comfort food.