

Cherokee Corn, Beans, Walnut Soup

(Serves about 40 people)

Ingredients:

- Fresh skinned corn (known as hominy or nixtamalized corn) - 5 lbs
 - cooked & processed with wood ash: Use 1:1, corn to ash (never let it dry out, just keep adding water)
- Black walnuts, ground - 1 cup
- Corn, ground into coarse meal - 2 cups
- Cooked, soupy Cranberry beans (these are October beans) or Pinto Beans - 5 lbs

Add cornmeal/walnut mix to soupy beans until it thickens

Stir for about 10 minutes, mixing all the time

Add the hominy corn

Simmer for about 30 min

Can sweeten or add salt and savory spices