

Simple Appalachian Supper - Like Grandma Used to Make

A Taste of Appalachia: Soup Beans, Fried Cornbread & Cream Gravy Potatoes



TIME
2 min

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INGREDIENTS

2 cups dried pinto beans
6 cups water
1 ham hock or 4 slices of bacon
1 small onion, chopped
Salt and pepper, to taste

Instructions:

Soak beans overnight or use a quick-soak method (boil 2 minutes, rest 1 hour).

In a large pot, combine beans, water, onion, and ham hock or bacon.

Bring to a boil, reduce heat, and simmer 2-3 hours, until beans are soft and broth is flavorful.

Remove meat, shred if desired, and return to pot. Season with salt and pepper.

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TIPS FOR SUCCESS

Low and slow wins the beans : Let the pinto beans simmer until creamy and tender.

Cast iron = crispy cornbread : Nothing beats that golden crust.

Use real bacon grease : For flavor and authenticity in both the potatoes and the gravy.

Fresh onion slices : Optional but highly recommended for that raw, sharp crunch.

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Original recipe: <https://chefmaniac.com/simple-appalachian-supper-like-grandma-used-to-make/>