

Classic Country Green Beans with Smoked Turkey: Southern Style

Few dishes embody the heart and soul of Southern cooking quite like a pot of slow-simmered



TIME
5-7 min

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INGREDIENTS

Fresh Green beans - about 2 lbs (look for bright green, firm beans)
1 lb Smoked turkey (such as smoked turkey necks, wings, or a smoked ham hock), or your favorite seasoning meat
Enough Chicken broth to cover the meat and then the beans (start with 4-6 cups)
1 medium Yellow onion, chopped
3 cloves Garlic, minced
Seasoning salt, to taste
Black pepper, to taste
Red pepper flakes, to taste
Vinegar (white or apple cider), a splash or two to taste
2 tablespoons Lard or cooking oil

DIRECTIONS

1. Let's get these delicious : Country Green Beans simmering!
2. Prepare : Green Beans: Snap the ends off your fresh green beans and rinse them thoroughly under cold water.
3. Heat : Fat & Brown Meat/Aromatics: Add 2 tablespoons of lard or cooking oil to a large pot or Dutch oven over medium-high heat. Add the smoked turkey (or seasoning meat) to the pot. Cook for a few minutes to get some color on the meat. Then, add the chopped yellow onion and minced garlic to the pot, stirring occasionally, and cook until the onion is softened and translucent, about 5-7 minutes.
4. Add : Broth & Simmer Meat: Pour enough chicken broth into the pot to fully cover the seasoning meat. Bring the liquid to a boil. Once boiling, reduce the heat to low, cover the pot, and simmer for 1 hour. This allows the meat to tenderize and release its flavor into the broth.
5. Add : Green Beans & Remaining Ingredients: After 1 hour, add the prepared green beans to the pot. Stir in desired amounts of seasoning salt, black pepper, red pepper flakes, and a splash or two of vinegar. Add more chicken broth if needed to ensure the green beans are mostly submerged. Stir everything well to combine.
6. Second : Simmer: Bring the pot back to a gentle simmer, then reduce heat to low and cover. Simmer for an additional 1 1/2 hours, or until the green beans are very tender. Periodically check the liquid level and add more broth if necessary to keep the beans simmering.

7. **Remove & : Debone Meat:** Carefully remove the cooked seasoning meat from the pot to a separate dish. Allow the meat to cool slightly. Once cool enough to handle, remove the bones and shred or chop the meat into bite-sized pieces. Return the meat back to the pot with the green beans.
8. **Final : Seasoning & Serve:** Stir the meat back into the green beans. Taste the green beans and adjust seasoning (add more seasoning salt, black pepper, red pepper flakes, or vinegar) as needed. Serve hot and enjoy!

SWAPS & NOTES

Green Beans: Fresh snap beans are ideal.

You can use frozen cut green beans in a pinch, but they will require less cooking time, so adjust accordingly.

Avoid canned green beans for this recipe as they are already too soft.

Seasoning Meat: Smoked turkey necks, wings, or a smoked ham hock are traditional and provide incredible depth.

TIPS FOR SUCCESS

Fresh Beans are Best: While frozen can work, fresh green beans hold up better to the long cooking time and offer superior flavor and texture.

Don't Rush the Simmer: The long, slow cooking process is vital for tender green beans and for extracting maximum flavor from the seasoning meat.

Keep Submerged: Ensure the green beans (and meat) stay mostly submerged in broth.

This is how they become incredibly tender and flavorful.

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