

Crockpot Speckled Butter Bean & Okra Stew: A Hearty Southern Classic

Crockpot Speckled Butter Bean & Okra Stew



TIME
10 mins

METHOD
Slow cooker

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Recipe Card

SAVE
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INGREDIENTS

- 1 lb speckled butter beans (fresh or frozen)
 - 1 cup okra, sliced (fresh or frozen)
 - 1 medium onion, chopped
 - 1 can (14 oz) diced tomatoes (with juice)
 - 2 cups vegetable or chicken broth
 - 2 garlic cloves, minced
 - 1 tsp smoked paprika
 - 1/2 tsp cayenne pepper (optional)
 - Salt and pepper, to taste
 - 1 Tbsp olive oil
 - 1/2 lb smoked sausage, sliced (add during the last hour of cooking)
 - A splash of apple cider vinegar for brightness
 - Fresh thyme or bay leaves for added depth
- How to Make Crockpot Speckled Butter Bean & Okra Stew:

1. Prep the Crockpot:
2. Season the Stew:
3. Let It Slow Cook:
4. Final Touches & Serving:

My Tips for the Best Butter Bean & Okra Stew:

For extra flavor, sauté the onion and garlic first. If I have an extra few minutes, I'll cook them in a pan with olive oil before adding them to the crockpot. This enhances their sweetness.

Use frozen okra for convenience. It holds up well in the crockpot and saves time on prep.

Make it smoky. If I want an even smokier taste, I add a dash of liquid smoke or use smoked turkey instead of sausage.

Adjust thickness. If I want a thicker stew, I let it cook uncovered for the last 30 minutes. If it gets too thick, I simply stir in a little extra broth.

What to Serve with This Stew:

Classic Southern cornbread - The perfect way to soak up the broth.

Steamed rice - For an extra filling meal.

Collard greens - A true Southern pairing.

Crispy fried okra - If I want a little crunch on the side.

FAQs (From My Kitchen to Yours):

Why You'll Love This Recipe:

DIRECTIONS

- 1. Prep the Crockpot:** I start by adding the speckled butter beans, okra, chopped onion, diced tomatoes, and minced garlic directly into the crockpot. If using frozen ingredients, no need to thaw-just toss them in.
- 2. Season the Stew:** Next, I pour in vegetable or chicken broth, ensuring there's enough liquid to cook the beans until they're tender. Then, I add smoked paprika, cayenne (if using), salt, and pepper for a smoky, slightly spicy kick. A drizzle of olive oil helps bring everything together.
- 3. Let It Slow Cook:** I cover the crockpot and set it to low for 6-8 hours or high for 3-4 hours. The longer cooking time allows the butter beans to become ultra-tender and absorb all the flavors. If adding smoked sausage, I stir it in during the last hour of cooking so it doesn't overcook.
- 4. Final Touches & Serving:** Before serving, I taste and adjust the seasoning if needed. Sometimes, I'll stir in a splash of apple cider vinegar to brighten the flavors. This stew is perfect on its own but even better when paired with warm cornbread to soak up every last bite.
- 5. My Tips for the Best Butter Bean & Okra Stew:** For extra flavor, sauté the onion and garlic first. If I have an extra few minutes, I'll cook them in a pan with olive oil before adding them to the crockpot. This enhances their sweetness.
- 6. Use frozen okra for convenience.** It holds up well in the crockpot and saves time on prep.
- 7. Make it smoky.** If I want an even smokier taste, I add a dash of liquid smoke or use smoked turkey instead of sausage.

8. Adjust thickness. If I want a thicker stew, I let it cook uncovered for the last 30 minutes. If it gets too thick, I simply stir in a little extra broth.
9. What to Serve with This Stew: This dish is satisfying on its own, but I love serving it with:
10. Classic : Southern cornbread - The perfect way to soak up the broth.
11. Steamed rice - For an extra filling meal.
12. Collard greens - A true Southern pairing.
13. Crispy fried okra - If I want a little crunch on the side.
14. FAQs (From My Kitchen to Yours): Q: Can I use dried speckled butter beans?A: Absolutely! If using dried beans, soak them overnight and increase the broth to about 3 cups. The cook time may also need to be extended slightly.
15. Q: Does okra make the stew slimy?A: Nope! Since the okra slow-cooks in the broth, it softens without becoming too gooey. If you're concerned, try adding it in the last 1-2 hours of cooking.
16. Q: Can I make this on the stovetop?A: Yes! Simmer everything in a large pot over medium-low heat for about 1.5 to 2 hours, stirring occasionally until the beans are tender.
17. Q: How do I store leftovers?A: This stew keeps in the fridge for up to 4 days and freezes beautifully for up to 3 months. I reheat it gently on the stovetop, adding a little broth if needed.
18. Why You'll Love This Recipe: There's something truly special about a slow-cooked, Southern-inspired dish that brings comfort with every bite. This Crockpot Speckled Butter Bean & Okra Stew is a no-fuss, flavor-packed meal that's perfect for busy days or cozy nights at home. It's hearty, wholesome, and incredibly satisfying-whether you're enjoying it as a side or a main dish.
19. So grab your crockpot and let the magic happen. If you try this recipe, let me know how it turns out! And if you've got your own spin on it, I'd love to hear-after all, the best recipes are the ones that evolve with a little personal touch.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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