

Ham and Beans

This recipe has to be started the night before and takes most of the next day to prepare, but it is worth every minute.

! bag Pinto Beans

1 ham hock or 1 pkg of thick sliced ham.

(for the least expensive - buy a bone-in ham)

1 turnip or 2 potatoes

Clean and Sort beans (go through each one and throw out any rocks that have found their way into the bag) and place in large pot. Cover with water and bring to boil.

Continue to boil for 2 minutes. Turn off and cover. Let soak in this water overnight.

The next day drain the beans and cover with fresh water. Bring the beans to a boil again. Add 1 teaspoon of salt and the turnip (or potatoes) to the beans. Turn heat

down but keep the beans at a gentle boil. Remove the turnip when it is soft (toss it out - it was in there to absorb some of the gas from the beans). When beans have boiled for two or more hours, add the ham and boil for at least one more hour. Test once in a while to see if it needs more seasoning.

Delicious served with cornbread.