

Colonial American Recipes

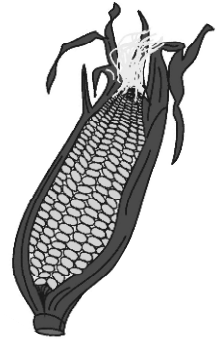
Corn and pumpkin were a Native American crop the colonists learned to grow and cook.

Maize Soup Serves 6.

4-6 slices lean ham or bacon
(cooked and drained), chopped
1 Tbsp. vegetable oil
1 small onion, sliced
1 bay leaf

1 can (15 oz.) kidney beans, drained
1 can (15 oz.) hominy, drained
1 cup frozen corn
2 cups chicken broth or water
Salt and pepper to taste.

1. Cook onions in the vegetable oil in a large saucepan for 5 minutes.
2. Stir occasionally.
3. Add remaining ingredients.
4. Cover and simmer for 20 minutes.



NUTRITION FACTS (per serving) – Calories 230 ~ fat 5 g ~ calories from fat 45 ~ sodium 870 mg ~ total carbohydrate 32 g

Pumpkin Soup Serves 6.

1 cup onion, finely chopped
1 garlic clove, minced
2 Tbsp. margarine, melted
2 cups chicken broth
1 tsp. salt
1/2 tsp. ground allspice

1/4 tsp. pepper
1/2 tsp. ground nutmeg
1/2 tsp. ground coriander
2 cups canned evaporated skim milk
2 cups or 1-16 oz. can pumpkin

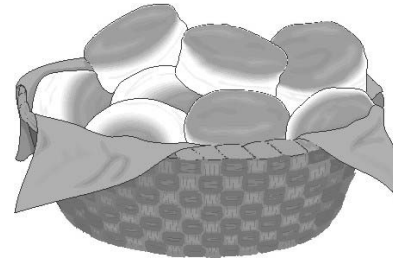
1. Sauté onion and garlic in margarine in a 2 quart saucepan.
2. Add broth and seasonings, bring to a boil.
3. Cover, reduce heat and simmer for 15 minutes
4. Combine evaporated milk and pumpkin, mix well.
5. Stir in pumpkin mixture.
6. Cook, stirring constantly, until heated. (DO NOT BOIL)



NUTRITION FACTS (per serving) – Calories 150 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 930 mg ~ total carbohydrate 19 g

Johnny Cakes Serves 12.

1 cup cornmeal 1 1/3 cup water
1/2 tsp. salt



1. Mix the cornmeal and salt in a bowl.
2. Add boiling water and stir.
3. Let the cornmeal mixture stand for five minutes.
4. Add more water if mixture is too thick to drop on pan.
5. Heat a lightly greased skillet.
6. Drop corn meal mixture onto pan with a spoon.
7. Cook cakes until golden brown underneath and then turn over cooking the other side a few minutes longer.
8. Serve cakes hot with margarine and maple syrup or honey.

**NUTRITION FACTS (per serving) – Calories 50 ~ fat 1 g ~ calories from fat 10 ~ sodium 110 mg
~ total carbohydrate 9 g**



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