

# Betty's Ham-Seasoned Soup Beans with Cornbread Recipe



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In this video, Betty demonstrates a quick, easy, nutritious, and thrifty meal--Ham-Seasoned Soup Beans with Cornbread, a favorite Southern Combo!

## Ingredients:

(2) 15.5 oz. cans pinto beans (You may use any type of canned dried bean--red beans, butter beans, navy beans, Great Northern beans, etc. All of these are referred to generically in my region as "soup beans." You may make your beans from dry beans. This will be a cheaper meal, but a little more trouble for you. Just follow the package instructions on the dry beans.)

5 oz. Hormel chunk ham (You may use leftover ham chunks or other types of prepared ham chunks.)

3/4 cup self-rising flour

1 1/2 cups self-rising cornmeal mix (This is a mixture of cornmeal and flour. If you cannot find it, mix 1 cup of plain cornmeal with 1/2 cup of all-purpose flour, add 1/2 teaspoon salt and 1 teaspoon baking powder.)

2 eggs

1 cup of milk (or enough to make a batter that is the consistency of cake batter)

1 tablespoon vegetable oil for baking pan (I used peanut oil.) NOTE: I FAILED TO MENTION ADDING THE OIL TO THE BAKING PAN, BUT IT IS NECESSARY FOR THE PAN TO BE GREASED, SPRAYED WITH COOKING OIL, OR HAVE 1 TABLESPOON OF VEGETABLE OIL ADDED.

1 chopped onion (for topping, if desired)

Empty the 2 cans of pinto beans, including liquid, into a medium saucepan. Add the ham chunks, including liquid, to the beans. Stir together, and place over low heat while you prepare your cornbread. (Stir the beans occasionally.) In a large bowl, combine 3/4 cup self-rising flour and 1 1/2 cups self-rising cornmeal mix. Add two eggs, and about 1 cup of milk. Stir just until combined. Add more milk as needed if the batter is stiff. Place 1 tablespoon of peanut (or other) oil into an 8-inch by 8-inch baking pan. Spread the oil to all parts of the pan. Place the oil pan into a hot, 475-degree oven, until the oil is hot, but not smoking. Pour the cornbread batter evenly into the pan. Center the pan in the oven, and bake at 475 degrees for about 15 minutes, or until golden brown on top and bottom. You may check for doneness by inserting a toothpick into the center of the bread, and it should come out clean. Remove the cornbread from the oven, and immediately cut into 16 squares, 4 per side. Remove your ham-seasoned soup beans from heat. To serve, place a few ladles of beans and ham, with any liquid that comes with it, into a cereal-sized bowl. Top with fresh, chopped onion, if desired. Place a couple of pieces of cornbread on a small plate to the side, along with a serving of fresh butter. With a tall glass of fresh milk, this makes a quick, easy, nutritious meal that is tasty and easy on the budget! This is a meal that you can find at a Cracker Barrel restaurant anytime--and it is *very* popular in this part of the country!