



A Treasured Thanksgiving Traditional Cookbook

Plymouth-Style Succotash

a dish featuring the three sisters: corn, beans, and squash.



Ingredients:

- 2 pounds cooked corn
- 8 ounces dry beans (such as cranberry, jacob's cattle, great northern), soaked and pre-cooked in water until just tender
- 2-3 turnips and/or carrots, chopped
- 1 acorn squash, seeded and sliced
- 2-3 cups chopped cabbage, collards or turnip greens
- 1-2 leeks or onions, sliced
- 2-3 cups chopped spinach
- 1 cup finely chopped walnuts, sunflower and/or pumpkin seeds
- freshly ground black pepper, to taste
- sea salt, to taste

** Note: The Wampanoag did not use salt until English settlers arrived.*

Directions:

1. In a large soup pot, stir together the pre-cooked corn and beans.
2. Fill pot with water so that the beans and corn are submerged by an inch.
3. Cook over medium heat, bringing to a simmer.
4. Add turnips, carrots, squash, cabbage, collards or greens, and onions or leeks, cooking until vegetables are just tender about 15 to 30 minutes.
5. Add chopped spinach and nuts/seeds. Return to simmer.
6. Season to taste with salt and pepper.
7. Serve warm.

This recipe is featured in:

A TREASURED THANKSGIVING



A Treasured Thanksgiving is a Charlotte Mason-inspired curriculum designed with your whole family in mind. It's an invitation to study the historical Thanksgiving story in a hands-on way. Through Scripture, poetry, art studies, picture books, projects, baking, geography, and narration, your family will spend the two weeks before Thanksgiving connecting together and focusing on the meaning of the holiday.

NOTE: These recipes may not be super tasty to children and that's okay, the goal is for them to taste a sampling of what they may have eaten in colonial times.