

MENU 13

HAM AND BEANS with CORNBREAD

Use leftover ham, if available. Ham and beans does not require a large portion of ham like you would use if you were serving slices of ham.

Beans:

Soak 4 cups of beans overnight in 8 cups of water.

Simmer 1 - 1/2 hours, or until beans are soft (but not mushy). Add salt and pepper to taste (about 1 teaspoon salt and 1/8 teaspoon pepper), and 2 tablespoons of brown sugar.

Cool beans and put in refrigerator overnight.

The next evening, put the ham in the beans and cook on low for one hour.

Cornbread: Use Jiffy cornbread mix (2 packages); follow directions on box.

Be sure to use the paper cupcake liners in the muffin tins. It makes them easier to serve and clean-up later.

SERVE WITH:

Do-Si-Do Salad (see Recipe 8)

and

Peaches (canned or fresh)