

Native American Recipes

Anasazi Beans

1 pound anasazi beans	1 cup onion, chopped
4 garlic gloves, minced	2 jalapenos, chopped
1 tablespoon olive oil	1 teaspoon cumin

Salt and pepper to taste

Wash and soak beans according to directions on the package. Drain them and put them in a saucepan. Cover them with water and cook them until tender, adding more water if necessary. While the beans are cooking, sauté chopped onions, garlic and jalapenos in olive oil. Add the vegetable mixture to the beans while they are cooking. Season with cumin, salt and pepper. Makes 6 servings.

Each serving provides 36 calories, .5 gram protein, 6 grams carbohydrate, 3 grams fat, 2.1 milligrams sodium, .6 grams fiber

Summer Sisters Stew

2 cups cooked kidney beans	2 ½ cups rinsed chopped mushrooms
1 ½ cups frozen corn kernels, defrosted	2 ½ cups cut yellow squash
1 (16 ounce) can diced tomatoes, drained	1 large potato, diced
1 large onion, diced	½ teaspoon black pepper
½ teaspoon sage	¼ teaspoon thyme
½ teaspoon rosemary	½ teaspoon oregano
¼ teaspoon salt	1 tablespoon olive oil

2-3 garlic cloves, minced

Heat half of the spiced, garlic and olive oil in a large saucepan. Saute the onions in the mixture for 2-4 minutes. Add 2-4 cups of water and allow to boil. Add the potato and the other half of the spices, simmer for 5 minutes. Add corn, tomatoes, and beans. Allow to simmer for 5 minutes. Add squash and mushrooms. Slow to simmer for 30 minutes or until cooked to desired tenderness. Makes 4 servings.

Each serving provides 316 calories, 13 grams protein, 60 grams carbohydrate, 5 grams fat, 452 milligrams sodium, 12 grams fiber.

Seminole Hominy

8 strips bacon, diced

2 pounds cooked hominy

Salt and pepper to taste

3 green onions, roughly chopped

In a large skillet, fry the bacon pieces until browned and crisp. Drain fat from pan. Add the hominy, salt and pepper and cook, stirring constantly for 6-7 minutes. Add green onions and continue cooking for 5 minutes. Serve immediately. Makes 6 servings

Each serving provides 247 calories, 6 grams protein, 22 grams carbohydrate, 15 grams fat, 570 milligrams sodium, 4 grams fiber.

Native Drink

4 cups water

1 cup fruit (strawberries, blackberries or any fresh berry)

4 teaspoons honey (to taste)

Combine water with the crushed, fruit. Add the honey and stir. Chill until served. Makes 4-6 servings.

Each serving provides 21 calories, 0 grams protein, 6 grams carbohydrate, 0 grams fat, 7.3 milligrams sodium, 0 grams fiber.

Crow Berry Pudding

2 cups of berries (fresh, canned or frozen)

1-1/2 cups water, divided

½ cup sugar or sugar substitute (to taste)

2 tablespoons cornstarch

Crush berries. In a medium saucepan, combine berries with 1-1/4 cups water. Bring to a boil, stirring occasionally. Reduce heat. Add sugar or sugar substitute. In a cup or small bowl, mix cornstarch with remaining ¼ cup water. Add mixture to sweetened berries; blend well. Cook over low heat for about 4 minutes to thicken, stirring constantly, until consistency of a very thick sauce. Serve hot. Makes 8 servings.

Each serving provides 76 calories, 0 grams protein, 19 grams carbohydrate, 0 grams fat, 19 milligrams sodium, .5 milligrams fiber.

Northwoods Wild Rice

1 ½ cups uncooked wild rice, rinsed	4 cups water
1 teaspoon salt	¼ cup butter, cubed
4 sliced bacon, diced	1 small onion, chopped
½ cup celery, sliced	½ cup sliced fresh mushrooms
¼ teaspoon pepper	½ cup salted cashews

Place rice, water and salt in a heavy saucepan. Bring to a boil. Reduce heat to simmer; cook 45 minutes or until tender. Uncover and fluff with a fork. Simmer for 5 additional minutes. Drain any liquid. While rice is cooking, fry bacon until crisp. Drain on paper towels. In a skillet, melt butter and sauté onion, celery and mushrooms until tender. Add rice, and pepper. Heat through. Just before serving, top with cashews and reserved bacon. Makes 8 servings.

Each serving provides 306 calories, 7 grams protein, 30 grams carbohydrate, 18 grams fat, 506 milligrams sodium, 2 grams fiber.

Cherokee Chicken

¼ cup vegetable oil	2 tablespoons butter
1 (2.5 pound) whole chicken, cut into pieces	1 green bell pepper, chopped
1 clove garlic, minced	¼ cup chopped onion
2 tablespoons apple juice	1 (8 ounce) can whole cranberry sauce
Salt and pepper to taste	

Put oil and butter into a large skillet over medium heat. Place chicken pieces in the skillet, and cook until golden on all sides, about 10 minutes. Discard all but 2 tablespoons of the oil. Stir in green peppers, garlic and onions; cook until soft, about 10 minutes. Pour apple juice into skillet. Stir in cranberry sauce, salt and pepper. Cover and simmer 25 minutes. Makes 4 large servings.

Each serving provides 548 calories, 26 grams protein, 24 grams carbohydrate, 38 grams fat, 222 milligrams sodium, 2 grams fiber.

Turkey Sausage Patties

2 pounds ground turkey

$\frac{3}{4}$ teaspoons ground ginger

1 $\frac{1}{2}$ teaspoons salt

1 teaspoon dried sage

$\frac{1}{4}$ teaspoon cayenne pepper

1 $\frac{1}{2}$ teaspoons black pepper

In a large bowl, mix together all ingredients. Heat a skillet over medium high heat and coat with nonstick cooking spray. Form the turkey sausage into patties, and fry until browned on both sides and no longer pink in the center, about 15 minutes.

Each serving provides 169 calories, 22 grams protein, .5 grams carbohydrate, 9 grams fat, 500 milligrams sodium, .2 grams fiber.