

Depression Era Recipes

Navy Bean Soup

Ingredients

- 3 cups (1-1/2 pounds) dried navy beans
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 large onion, chopped
- 1 meaty ham hock or 1 cup diced cooked ham
- 2 cups chicken broth
- 2-1/2 cups water
- Salt and pepper to taste
- Minced fresh parsley

Directions

Rinse and sort beans; soak according to package directions.

Drain and rinse beans, discarding liquid. Place in a Dutch oven. Add the tomatoes with juice, onion, ham hock, broth, water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer until beans are tender, about 1-1/2 hours.

Add more water if necessary. Remove ham hock and let it stand until cool enough to handle. Remove meat from bone; discard bone. Cut meat into bite-sized pieces; set aside. (For a thicker soup, cool slightly, then puree beans in a food processor or blender and return to pan.) Return ham to soup and heat through. Garnish with parsley.

Cornbread

Ingredients

- 4 tablespoons canola oil, divided
- 1-1/2 cups finely ground white cornmeal
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 large eggs, room temperature
- 2 cups buttermilk

Directions

Place 2 tablespoons oil in a 10-in. cast-iron skillet; place in oven. Preheat oven to 450°. Whisk together cornmeal, sugar, baking powder, baking soda and salt. In another bowl, whisk together eggs, buttermilk and remaining oil. Add to cornmeal mixture; stir just until moistened. Carefully remove hot skillet from oven. Add batter; bake until golden brown and a toothpick inserted in center comes out clean, 15-20 minutes. Cut into wedges; serve warm.

Baked Apple Pie Pudding

Ingredients

- 1 cup packed brown sugar
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup 2% milk
- 3 medium tart apples, peeled and chopped
- 2 tablespoons butter, cubed
- 2 cups boiling water
- Vanilla ice cream, optional

Directions

Preheat oven to 400°. In a large bowl, mix the first five ingredients. Add milk; stir just until blended. Fold in apples. Transfer to a greased 2-1/2-qt. deep baking dish. Dot with butter. Pour boiling water over top. Bake, uncovered, 40-45 minutes or until golden brown. Let stand 15 minutes before serving. If desired, serve with ice cream.