Rooted in Reality

A little country comfort with a sweet corn twist!

Golden Goodness
Cornbread & Country Beans

Sweet Corn Country Cornbread

Ingredients:

1 cup yellow cornmeal
1 cup all-purpose flour
1 tablespoon baking powder
½ teaspoon salt
¼ cup sugar

- 1 cup buttermilk
- 2 eggs
- ⅓ cup melted butter
- 2 tablespoons honey
- ¾ cup sweet corn kernels (fresh, canned and drained, or thawed frozen)

Directions:

1. Preheat oven to 400°F.
2. Grease an 8-inch square baking pan or cast-iron skillet.
3. Combine cornmeal, flour, baking powder, salt and sugar.
4. In another bowl, whisk buttermilk, eggs, melted butter and honey.
5. Stir wet ingredients into dry ingredients just until combined.
6. Gently fold in sweet corn kernels.
7. Pour into prepared pan and bake 20–25 minutes, until golden and a toothpick comes out clean.
8. Let rest for 5 minutes before slicing.

Little kitchen secret: ♡
Brush the warm top with a little melted butter and honey. Trust me on this one!

Old-Fashioned Country Beans

Ingredients:

- 1 pound dried pinto beans
- 6 cups water or broth (plus more as needed)
- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- ½ teaspoon black pepper
- ½ teaspoon salt, or to taste
- ½ teaspoon dried thyme
- 2 slices bacon (optional)

Directions:

1. Rinse and sort beans. Soak overnight, or use the quick-soak method.
2. Drain soaked beans and place in a large pot.
3. Add water or broth, onion, garlic, paprika, pepper, thyme and bacon if using.
4. Bring to a boil, then reduce to a gentle simmer.
5. Cover partially and cook approximately 1½–2 hours, until tender. Add water as needed.
6. Add salt toward the end and adjust seasonings to taste.

Serve up a big bowl of beans with a warm slice of that corn-studded cornbread. ♡

Food safety note: If using dried beans, soak and cook them thoroughly until tender. Don't cook dried kidney beans in a slow cooker.

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