



Indian Corn Soup

Makes 4 cups | 4 servings | Protein | Grains | Vegetables

Ingredients

- 2 cups dried Indian corn
- 1 lb ground beef, cooked
- 4-6 cups water
- ½ teaspoon salt
- ½ onion, diced
- 1 cup diced vegetables (butternut or other winter squash, potatoes, carrots, celery)
- 2 teaspoons oregano to taste (optional)
- 2 teaspoons ground pepper to taste (optional)

Directions

1. Wash hands in warm, soapy water.
2. Fill large pot half full of water (4-6 cups); add salt and bring to a boil.
3. Add Indian corn; simmer for 2 hours or until kernels begin to soften. Add more water as needed as the corn soaks it up readily.
4. Add ground beef, or meat of choice, seasonings if desired, and diced vegetables. Cover and cook for 30 minutes or until meat, corn, and vegetables are tender. Serve hot.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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