April 2023 Make & Take

STOCKBRIDGE BEAN SUCCOTASH

Featuring Stockbridge Beans locally grown at the From the Earth Garden.

Participants must have access to internet as the Make & Take will be done virtually, sessions will be pre-recorded and sent out prior to pick up.

Ingredients must be picked up on Wednesday, April 19th, at the Stockbridge-Munsee Health & Wellness Center from 11:45am-1:15pm.

Sign up is April 3rd-7th. We will be drawing names for the Virtual Make & Take. We will contact you on April 10th if your name has been chosen.

CONTACT ANITA MIHTUKWSUN TO SIGN UP!
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ATTENTION:
MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THRU GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO ANITA. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.

25 families will be chosen to receive free ingredients!

Sponsored by the SMHWC Community Health Department with funding from SNAP-ED & SDPI grant
STOCKBRIDGE BEAN SUCCHOTASH

1½ cups finely diced sweet onion
(OR 1 medium sweet onion)
3 tbsps. butter
1 tsp smoked paprika
¼ tsp cayenne pepper
3 finely chopped large garlic cloves
1 cup finely diced green pepper
(OR 1 medium green bell pepper)
½ tsp salt
15 ounce can of no salt kidney beans,
drained and rinsed
(OR ~1½ cups cooked Stockbridge beans)
2 cups sweet corn kernels
2 cups halved cherry tomatoes
Black pepper
½ cup chopped fresh basil
A few drops of liquid smoke – optional

1. First, in a large skillet, add onions, 2 tbsps. butter and a dash of salt over medium-high heat. Sauté for 6 minutes or until the onion is soft and a slightly brown.

2. Next, add the smoked paprika, cayenne pepper and black pepper (to taste). Stir around for 1 minute.

3. Add the garlic and green peppers. Stir frequently for 5 minutes or until the green peppers are softened.

4. Stir in the remaining tbsp of butter, ½ tsp salt, beans, sweet corn, and cherry tomatoes. Sauté over medium-high heat for 3 minutes or until everything is cooked through and the tomatoes softened.

5. Remove the succotash from heat. Stir in the fresh basil and liquid smoke (if using). Taste, and adjust seasonings, if needed. Serve immediately, as a side dish or meal. To make this bean succotash a meal, serve over your favorite grain or with some whole wheat bread on the side.