

4 Bean Cherokee Soup

By J.S Giles/ My Father's Symphony

2 Cups of Pinto Beans

½ cup of Navy Beans

⅓ of a cup of Black Beans

⅓ cup of Cherokee Trail of Tears Beans

5 Strips of Bacon

A half of an Onion

2 Bay Leaves

Creole Seasoning

Cumin

1 Tsp of Paprika

2 Tbsp of Seasoning Salt

1 Tbsp of Chili

2 Beef Bouillon Cubes

1. Start by sorting beans and cleaning them well. Mix all the beans together in a crock-pot and fill pot halfway with warm water (this speeds up cooking time without having to soak the beans before) after this gather up all the spices because they are put into the pot all at once when beans are ready.

2. Let beans cook at the least 4 hours on the highest setting of your Crock-pot. Check beans after 4 hours and make sure the beans are no longer hard but softened. If they are still hard just add a half of cup of water then check again in an hour. Repeat until beans are no longer hard. They should break gently when pierced or bitten into. Add bacon, onions and seasoning to the Crock-pot and let everything cook until bacon is fully cooked through.

3. Once everything is fully cooked turn off crock-pot to let the soup cool down and start on the cornbread. I always do this so that we can eat right away when the cornbread is still warm.

Note: Some seasonings do not have any specifics to how much I used and that is because I believe you should season to your own desired taste. But the seasonings used are necessary to create the flavor of this recipe. Just use as much or little as you like. Feel free to add in whatever and make it your own!