

Turkey Sobaheg Recipe



Turkey Sobaheg is a traditional Turkey Stew. 'Sobaheg' means 'stew' in Wampanoag.

This version is from The Family Cookbook Project.

Ingredients:

- 1/2 lb. dry beans (white, red, brown or spotted kidney beans)
- 1/2 lb. white hominy corn or yellow samp or coarse grits
- 1 lb. Turkey meat (legs or breast with bone and skin)
- 3 quarts cold Water
- 1/4 lb. green beans cut into 1 inch pieces
- 1/2 lb. winter Squash, trimmed and cubed
- 1/2 C. raw sunflower seed meats, pounded to a coarse flour or pounded walnuts (use food processor.)
- Dried onion and/or garlic to taste
- Clam juice or salt to taste (optional)

Instructions:

- Combine dried beans, corn Turkey, Seasoning and water in a large pot.
- Bring to a simmer over medium heat, turn down to a very slow simmer. and cook for about 2 1/2 hours. Stir occasionally to be certain bottom is not sticking.
- When dried beans are tender, but not mushy, break up turkey meat removing skin and bones.
- Add green beans and squash and simmer very gently until they are tender.
- Add sunflower or nuts, stirring until thoroughly blended.