

Mndaamnaaboo (Corn Soup)

Megwetch to the late
Dave Shananaquet (1955-2020)
for sharing this recipe with his daughter
Carly Shananaquet who shared it with us.



Parched Sweet Corn Soup

INGREDIENTS

6 corn on the cob

1 lb bison chuck roast
(or stew meat)

1-15.5 oz can pinto beans

1 large potato (or 2 small)

1 onion

1-14.5 oz can beef broth

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Remove the kernels of corn from 4 ears of corn. Place them on a baking sheet.
3. Place in oven for about 1 hour. Stir every 10-15 minutes. Corn is done when it turns light brown in color.
4. Remove the kernels of corn from 2 ears of corn and set aside.
5. Chop buffalo into small cubes.
6. Brown buffalo in dutch oven until cooked.
7. Add water and beef broth.
8. Dice onion and potatoes into small cubes.
9. Add onions to soup.
10. Add parched corn to soup. Cook for 1 hour.
11. Add potatoes, unparched corn, and pinto beans.
12. Cook for 30 minutes or until tender



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