



Wampanoag Autumn Sobaheg (Stew)

Ingredients:

- ½ cup dried beans
- ½ cup coarse grits
- 1 pound venison or other meat
... (we use beef)
- 1 tsp. salt
- 2 cups squash, peeled & diced
- 1 cup sunchoke, peeled
& cubed (we use potatoes)

Instructions:

Combine all but squash and sunchoke and 8 cups water (we use beef broth) in heavy bottom pot. Bring to gentle boil. Cover and reduce heat. Simmer for 2 hours until beans and meat are tender, stirring often to prevent sticking. Stir in squash & sunchoke. Simmer until cooked, about 30 minutes.



Mustard Sauce

Ingredients:

- ¼ cup melted butter
- 1 Tbsp. flour or corn starch
- ½ Cup boiling water
- ½ cup cider vinegar
- ½ cup prepared mustard
- 1 ¼ cup sugar
- ¼ tsp. salt
- 2 egg yolks, beaten

Instructions:

Mix in order given in top of double boiler.
Cook over water until hot and thickened.
Keeps well in refrigerator.



Psalm 107:8-9

**Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,
for he satisfies the thirsty
and fills the hungry with good things.**