



## **Grandma's Hands**

*"Grandma's hands, they keep on calling to me"*

Passing on Black Cultural Food  
Traditions to Future Generations

**September 2020**

**Featured Dish**

**Succotash**

By Mildred Braxton

1 Package of each of the following (12-16 oz fresh or frozen)

- Whole kernel corn
- Lima beans
- Okra
- Black eyed Peas

1 can Stewed tomatoes

½ Medium onion

¼ cup of oil

¾ cup of water

1tsp pepper

2 tsp salt

season to taste

Sauté onions in oil. Add the other ingredients and cook until liquids cook down and flavors are well blended.

## **September 2020 Grandma's Hands Menu**

- ❖ Succotash
- ❖ Greens
- ❖ Candied Yams
- ❖ Fried Chicken
- ❖ Cornbread