



Recipes

Dried Oneida Corn

Dried Oneida Corn

1 pork tenderloin (silverskin removed, cut into 1 inch disks; quarter the disks)
1 onion (diced)
1 or 2 carrots (diced)
1 big can or 2 small cans of kidney beans (drained and rinsed)
Chicken stock
Salt & Pepper

Directions:

- 1) Cover dried corn with water (have a couple inches above the corn) and cook for 8-10 hrs on low in a slow cooker. Drain off the corn and set aside.
- 2) In a heavy pot (to keep a consistent heat), heat some olive oil and cook the onions, carrots, and pork. Add some salt and pepper.
- 3) Let the pork brown, so don't move it around too much. After there's nice color on all sides of the pork, add the corn and beans.
- 4) Cover with chicken stock and cook for another 30-45 mins.