

Scrapple (Mush)

Yield: 60 min
Total Time: 660 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-head-cornmeal-mush-recipe>

Ingredients:

- 1 smoked ham hock
- 4 quarts water
- 2 teaspoons chicken soup base
- 3 cups cornmeal
- 1 1/2 teaspoons dried thyme leaves
- 2 teaspoons rubbed sage
- 1 teaspoon savory ground
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground clove
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1 pinch cayenne pepper
- pepper
- salt
- 2 tablespoons butter
- 1 onion diced
- 2 cups shredded sharp cheddar cheese optional

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 45 milligrams

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