

Nova Scotian Hodge Podge

Oscar · 29/09/2024



Prep Time

1 hr 35 mins

Difficult

Medium

Servings

6

Description

Hodge podge is a favorite vegetable stew from Nova Scotia. It's typically made in the fall with the freshest vegetables possible just as the gardens are being harvested. This recipe very much lends itself to tinkering by adding different vegetables in varying quantities.

Ingredients

- - 1 cup fresh green beans
- trimmed and snapped - 1 cup fresh wax beans
- trimmed and snapped - 1 cup diced carrot - 1 cup diced turnip - 4 cups water
- or as needed to cover - $\frac{1}{4}$ teaspoon salt
- or to taste - 2 cups cubed new potatoes - $\frac{1}{2}$ cup heavy cream (Optional) - 6 tablespoons butter - $\frac{1}{2}$ cup water - 1 tablespoon all-purpose flour

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Combine green beans
2. wax beans
3. carrots
4. and turnip in a stockpot; add water to cover. Dotdash Meredith Food Studios Stir in salt and bring to a boil. Reduce the heat and simmer for 30 minutes. Dotdash Meredith Food Studios Add potatoes and simmer until tender
5. about 30 more minutes. Dotdash Meredith Food Studios Stir in cream and butter. Dotdash Meredith Food Studios Whisk 1/2 cup water and flour together in a small bowl; mix into soup and cook until thickened
6. 3 to 5 minutes. Dotdash Meredith Food Studios