

PUEBLO STYLE JACKRABBIT

Matthew J. Barbour

Whole jackrabbit
2 cups corn
2 cups beans
2 tablespoons chili powder
2 tablespoons salt
1 tablespoon sage
2 cups water

In a slow cooker, layer beans (bottom), rabbit, and corn (top). Sprinkle sage, chili powder, and salt. Set cooker to low setting. After four hours, add water (up to two cups) to the mixture to keep meat and beans moist. Cook for additional four hours or until rabbit meat is fork tender. Recipe easily feeds a family of five. Enjoy a taste of history!

Historic notes: The ceramic vessel of the slow cooker serves as a substitute for the traditional corrugated pot. All ingredients were available and utilized heavily by Pueblo Peoples during the Classic Period (ca. AD 1325-1600), with the possible exception of chili powder. Peppers may have existed in the American Southwest prior to the coming of the Spanish, but their popularity and wide-spread use among Pueblo Peoples is a result of interaction with colonists from what is today central Mexico.