

SIDE DISH

Bacon-and-Caramelized Onion Hush Puppies

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
35 min	10	\$0.40	333 kcal

You can never have too many Southern recipes, so give Bacon-and-Caramelized Onion Hush Puppies a try. This recipe serves 10. For 40 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

Ingredients

☐ 5 slices bacon slices	☐ 1¼ cups buttermilk
☐ 1½ cups self-rising white cornmeal mix	☐ 1 large egg, lightly beaten
☐ ¾ cup self-rising flour	☐ 1½ tablespoons sugar
☐ 1½ cups diced sweet onion (about 1 medium onion)	☐ 10 servings Vegetable oil

EQUIPMENT Frying pan, Paper towels, Oven, Dutch oven

Method

- 1 Cook 5 bacon slices in a medium skillet over medium heat 5 to 6 minutes or until crisp; drain bacon on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon. Saut onion in hot drippings over medium-low heat 12 to 15 minutes or until golden brown.
- 2 Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- 3 Combine cornmeal, flour, sugar, onion, and bacon.

- 4 Add egg and buttermilk; stir just until moistened.
- 5 Let stand 10 minutes.
- 6 Drop batter by rounded tablespoonfuls into hot oil, and fry, in 3 batches, 2 to 3 minutes on each side or until golden. Keep warm in a 200 oven.

Nutrition per serving

333	6 g	21 g	31 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.5 g · 28% of daily needs
Fibre			2.1 g · 8% of daily needs
Sugar			4.5 g · 5% of daily needs
Sodium			450 mg · 20% of daily needs
Cholesterol			29.2 mg · 10% of daily needs
Vitamin C			1.2 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/bacon-and-caramelized-onion-hush-puppies-142609