

Easy Succotash

Prep Time: 10 Minutes

Total Time: 20 Minutes



Ingredients

- 2 tablespoons olive oil
- 1/2 white onion, minced
- 4 cups frozen corn (or fresh corn cut off the cob)
- 2 cups frozen lima beans
- 1 red pepper, finely diced
- 2 cups cherry tomatoes, halved
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon ground sage
- 1 teaspoon salt (optional)
- 1/4 teaspoon black pepper
- 1/2 tablespoon dried parsley (optional)

Directions

- Wash hands.
- Heat olive oil in a large skillet over medium high heat. Add the onion and cook for 2 minutes, until translucent.
- Add the corn, lima beans, red pepper, tomatoes, garlic powder, paprika, dried sage, salt, and black pepper. Cook, stirring occasionally until all vegetables are tender and nearly cooked, about 5 to 6 minutes.
- Stir in the optional parsley if using and cook 1 more minute. Serve warm.

Nutrition Facts

8 servings per container	
Serving size	(197g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 504mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Succotash makes the perfect side dish to almost any entree. Try with our whole roasted chicken, mini meatloaves, or slow cooker venison steak.
- ▶ This dish can be made using fresh, frozen or canned vegetables.

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