

# Succotash

Combine sweet corn and tender lima beans with okra and tomato to make the perfect side dish of summer or any time of year.

Makes: 6 Servings  
 Prep Time: 15 minutes  
 Cook Time: 30-45 minutes

Source: Food Hero

## Ingredients

- 2 cups whole kernel corn (fresh, frozen, or canned and drained)
- 2 cups lima beans
- 2 cups cut okra (fresh or frozen)
- ½ medium onion, chopped
- 1 can stewed or diced tomatoes
- ¼ cup vegetable oil
- 1 cup water
- 1 teaspoon salt
- ½ teaspoon black pepper

## Directions

1. Rinse fresh vegetables under running water before preparing.
2. In a large saucepan on medium heat, saute the onion in the oil until soft, about 5 minutes.
3. Add the rest of the ingredients, reduce heat to medium-low and slowly cook until the veggies are tender, the liquids reduce, and the flavors are blended, about 30 to 45 minutes.
4. Refrigerate leftovers within 2 hours.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	208
Total Fat:	9g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	200 mg
Total Carbohydrates:	24g
Dietary Fiber:	6g
Total Sugars:	4g
Added Sugars:	0g
Protein	7g

## Utensils Needed

- Sharp knife
- Cutting board
- Saucepan
- Mixing spoon
- Measuring spoons
- Measuring cups
- Large saucepan

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.17

Average cost/serving: \$1.53

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Can corn



Add 1 to Cart  
Diced Tomatoes



Add 2 to Cart  
Frozen Lima beans



Add 1 to Cart  
Onion



Add 1 to Cart  
Frozen okra

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- The amounts of each vegetable are provided as a guide and do not have to be exact. Create your own combination according to your taste and what's available
- Try adding other vegetables such as black eyed peas, chopped bell pepper, hot pepper, or zucchini.



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