

# Succotash



## Ingredients:

- ½ T. olive oil
- 1 cup fresh or frozen corn
- ¼ cup yellow onion, chopped
- ½ large red bell pepper, chopped
- ½ jalapeno or other small hot chili pepper, diced
- ½ cup green or golden summer squash, chopped
- ½ T. ground cumin
- 1/4 tsp. black pepper
- 1 cup canned lima beans, drained or frozen lima beans, thawed
- ¼ cup low sodium chicken or vegetable broth

## Directions:

1. Place a large sauté pan on stovetop on high heat.
2. Add 1 teaspoon of the oil, the corn, peppers, and onion, then sauté until the vegetables start to brown and caramelize slightly. This should only take about 5 to 7 minutes.
3. Add the remaining oil, squash, cumin, salt, black pepper and garlic. Cook for another 3 minutes on medium heat.
4. Add the broth, cilantro, and lima beans. Simmer until all the vegetables are tender. It should take about 5 minutes.