

Succotash Recipe



Ingredients

- 3 strips of bacon for fat or 2-3 T cooking oil
- 1 onion chopped
- 1 bell pepper any color chopped
- 1 cup baby lima beans (frozen is best)
- 1 cup cherry or grape tomatoes cut in half's (sundried tomatoes will work too)
- 2 cups frozen or fresh corn
- ¾ c water or chicken broth (vegetable broth if vegan)
- 1-2 cups fresh or frozen slice okra. (cut in ½ inch rounds if using fresh okra)
- 1 t sugar or brown sugar
- 1 t salt
- 1 t pepper



Instructions

1. Cook the bacon in a large skillet to use the bacon drippings for your cooking oil. You can add the bacon to the succotash or discard it. If vegetarian, use an alternative oil of your choice.
2. Add the onions, bell pepper, and lima beans to the skillet and cook over medium heat until the onions and peppers are softened, about 2 minutes.
3. Lower heat and add the corn, tomatoes, sugar, salt, and pepper. Simmer covered for 5-10 minutes.
4. Add the okra.
5. Simmer covered 10 minutes or until the okra is tender but not falling apart.
6. Remove from heat and let sit for about 10 minutes before serving. This can be eaten as a side dish or a main dish over rice.

This recipe (and accompanying history) was generously shared with us by Terri Carter of Cobb County Extension.

Where did Succotash come from?

We have 17th-century Native Americans to thank for it; they introduced the stew to the struggling colonial immigrants. Composed of ingredients unknown in Europe at the time, it gradually became a standard meal in the settlers' kitchens.

The name is a somewhat Anglicized spelling of the Narragansett Indian word "msickquatash," which referred to a simmering pot of corn to which other ingredients were added.

Most often, it contained corn, beans and squash, the Three Sisters, which the natives cultivated together in distinct mounds. There was winter succotash, made from dried corn, dried beans and pumpkin; or summer succotash, made with fresh sweet corn, shelling beans and tender summer squash. Fresh or dried meat or fish were common additions."