

Southern Succotash Stew

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-vegetables-tomator-recipe>

Ingredients:

- 1 onion medium, chopped
- 2 teaspoons garlic minced
- 12 ounces baby lima beans fresh or frozen
- 12 ounces vegetables frozen soup, mixture of carrots, corn, peas, green beans, etc.
- 6 ounces okra sliced, fresh or frozen
- 6 ounces green beans fresh or frozen, cut into 1-inch pieces
- 14 ounces diced tomatoes
- 14 ounces crushed tomatoes
- 1 turnip large, peeled and diced, may substitute potato
- 1 1/2 teaspoons dried thyme
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon hot smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon Creole seasoning or more to taste
- 9 cups hot water or vegetable broth

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 58 grams
3. Fat: 1 grams
4. Fiber: 19 grams
5. Protein: 17 grams
6. Sodium: 160 milligrams
7. Sugar: 9 grams

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