

Southern Succotash

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/great-southern-forzen-lima-bean-recipe>

Ingredients:

- 3 tablespoons avocado oil
- 1 small white onion chopped
- 3 cups frozen corn thawed
- 2 cups frozen lima beans thawed
- 1 small red bell pepper chopped
- 20 ounces diced tomatoes + green chilies drained
- salt
- pepper
- fresh basil to garnish, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 7 grams

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