

# Vegan Southern-Style Succotash

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-succotash-recipe>

## Ingredients:

- 1 tablespoon olive oil or vegan butter
- 1 small onion finely chopped
- 2 cloves garlic minced
- 2 medium tomatoes chopped
- 1/2 cup baby lima beans
- 2 cups corn fresh, frozen or can
- 1 cup okra chopped
- 1/4 cup vegetable broth
- 1/4 teaspoon dried basil or thyme
- salt to taste
- 1 pinch cayenne pepper

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 35 grams
3. Fat: 4.5 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. Sodium: 270 milligrams
7. Sugar: 7 grams

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