

# Betty's Lima Bean and Corn Succotash Recipe



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In this video, Betty demonstrates how to make her delightful Lima Bean and Corn Succotash. This is a traditional combination of vegetables, along with some sliced green onion, and some seasonings. Its also a nice, colorful dish that is inviting, as well as nutritious.

Ingredients:

2 tablespoons butter (My regular recipes uses 4 tablespoons butter, but I cut this down to save on fat and calories; you may actually leave it out entirely for a fat-free dish.)

12 oz. package frozen whole kernel corn, cooked according to package instructions and drained

12 oz. package frozen baby lima beans, cooked according to package instructions and drained

¼ cup finely sliced green onion

½ cup whipping cream, optional (I did not use the cream at all, because I was trying to keep the dish low in fat and calories.)

seasoned salt, to taste

ground black pepper, to taste

In a saucepan, melt 2 tablespoons butter. Stir in 12 oz. cooked corn, 12 oz. cooked lima beans, and ¼ cup sliced green onions. If desired, add ½ cup whipping cream. Place over low heat, until thoroughly heated. (If you have added whipping cream, simmer until the sauce is slightly thickened.) Season to taste with seasoning salt and ground black pepper. Transfer immediately to a nice serving bowl, and serve while hot. This is an appealing dish for those of you who are dieting and trying to eat healthier foods. Also, if you are looking for a "different" vegetable dish to perk up your meal, you are sure to enjoy this one! --Betty ☐