

Savory Succotash (Vegan)

For this recipe, prepare vegetables beforehand as much as you can. If you want to add a meaty texture, seitan is a great vegan addition. (Prepared and served on the show without any seitan or meat.)

Succotash is an ancient food of the Americas, and the primary ingredients are beans, corn, and squash: the Three Sisters. Everything else is a preference, and you should experiment with different flavor profiles.

Ingredients

2 cans of Lima Beans/Butter beans (you can also prepare 1-2 cups of Lima Beans from their dry form, following directions. This takes much longer, but is extremely delicious.)

3 ears of corn, roasted and then the kernels are stripped/cut from the cob

2 yellow squash or green zucchini, roughly diced

1 green pepper

1/4 cup of oil

1 small onion, diced

3 cloves of garlic, diced

1 tomato, diced

Handful of okra, cut on the bias (diagonally)

Salt and pepper to taste

Lime to taste (This is very much optional. You can also use Tajin to taste, if you'd like.)

Directions

- Roast corn, either over open flame or on pan. Remove from heat after the kernels plump up and get a nice color on them. Make sure some of the kernels get blackened.
- Let corn cool to the side
- Heat oil to your pan, using medium to medium-high heat
- Add okra and onion, stirring regularly. Add salt. Make sure the okra gets a nice color on it. Cook for a few minutes
- Add green pepper and garlic. Add a little bit more salt. Stir a bit. Cook for a few additional minutes
- (Optional: add seitan at this point, stirring the entire regularly. If adding seitan, cook for a minute before adding beans.)

- Add Lima Beans. Cook for a minute
- Add squash and corn. Stir and cook until the aromas seem just right
- When you're almost done, add the diced tomato. Add salt and pepper
- Remove from heat
- If desired, add lime or Tajin

Serve and enjoy!