

LIMA BEAN SUCCOTASH

This is a great way of mixing fresh and frozen vegetables. It is an easy way to start introducing fresh produce into your menus. We also use any fresh vegetables, such as zucchini or eggplant, that need to be used up.

SERVES 50 ADULTS

INGREDIENTS

½ cup oil
2 cups onions, diced
¾ cup garlic, minced
2 bay leaves
2 tablespoons ground thyme
2 tablespoons chili powder
4 teaspoons oregano
4 teaspoons basil
4 lb. frozen corn
4 lb. frozen lima beans
1 #10 can diced tomatoes

DIRECTIONS

1. In a stock pot heat oil and sauté onions and garlic in oil.
2. Add all spices and toast.
3. Add all frozen vegetables.
4. Cook for 5 minutes. Add diced tomatoes. Add any other fresh vegetables and cook for 30 minutes to blend flavors.