



# UCCS SUCCOTASH

by The Food Next Door- SWELL

## Ingredients

*Makes 4 servings*

2 onions  
1.5 cups green beans, leave whole  
1.5 cups Anasazi beans  
2 medium summer squash or zucchini  
2 medium carrots  
2 ears of corn  
2 Tbsp. olive oil  
1 Tbsp. lemon juice  
Chipotle powder  
Salt and pepper  
Freshly chopped parsley

## Directions

Soak Anasazi beans overnight, then boil for 45 minutes or until soft, yet not falling apart. Wash all produce. Boil corn, and chop onions. Cut squash and carrots into bite size pieces. Sauté onion, carrots, and green beans. Then add squash and corn. Continue to sauté until squash is soft. Add cooked Anasazi beans and toss. Add lemon juice, chipotle powder, salt, and pepper. Season with parsley leaves. Succotash can be heated or eaten cold.

We believe that health starts with good food, but good food does not exist without real farms.

Thank you for joining our subscription program and helping us promote health through a sustainable food system.

Mother Earth will thank you too, and you will feel the difference!

