



# Succotash

## List of ingredients

- 1 tablespoon oil
- 1 cup chopped onion
- 2 cloves garlic, crushed
- 3 cups chopped tomatoes
- salt and pepper
- 4 ears of corn, husked (leaves removed)
- 2 cups grated zucchini/courgette
- 1 tin cannellini beans, drained (optional)

*Feeds 6 people.*

## How to cook the dish

Take the corn cobs and remove the kernels by running a sharp knife down the cob between the kernels and the cob.

Heat oil in a large fry pan and add onion. Stir and cook about 5 minutes.

Add garlic and tomatoes, salt and pepper and corn kernels and cook for 10 minutes uncovered and stirring occasionally.

Add the grated zucchini and can of beans if using.

Cook for another 5 minutes or until vegetables are cooked, hot and liquid has evaporated.

**Tip:** Add some chili if you like it HOT!