

Savory and Spicy Ground Beef & Succotash



Makes: 6 servings

Total Cost: \$\$\$\$

Ground beef is the surprise ingredient in this savory and spicy succotash dish.

Ingredients

- 1 ounce lean ground beef
- 1 cup lima beans (frozen, cooked and drained)
- 1 3/4 cups corn (15 1/2 ounce can, drained)
- 1 can tomatoes (14 1/2 ounce, broken up)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon nutmeg

Directions

1. Wash hands with soap and water.
2. Brown ground beef in pan. Drain excess liquid.

Feedback

3. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
4. Sprinkle with nutmeg before serving.

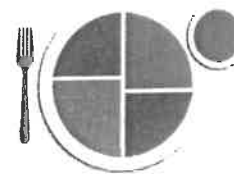
Source:

USDA Food Distribution Program on Indian Reservations, A River of Recipes
Native American Recipes Using Commodity Foods

Nutrition Information

Serving Size: 1/6 of recipe

MyPlate Food Groups



-  Vegetables 3/4 cups
-  Protein Foods 1 1/2 ounces

Nutrients	Amount
Total Calories	155
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	24 mg
Sodium	347 mg
Carbohydrates	21 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	2 mg
Potassium	463 mg

N/A - data is not available

Feedback