

Succotash with Ground Beef

Makes: 6 Servings

Add lean ground beef to this old favorite traditionally made with lima beans and corn.

Ingredients

- 1 cup** lean ground beef
- 1 cup** lima beans, cooked
- 1 can** corn, drained (about 15 ounces)
- 1/4 teaspoon** black pepper
- 1/8 teaspoon** nutmeg (if you like)

Directions

1. Brown ground beef in a large pan.
2. Add lima beans, corn, tomatoes, salt, and black pepper. Reduce heat, cover and cook for 5 minutes until thoroughly heated.
3. If using nutmeg, sprinkle on top before serving.

Notes

Tip: All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group at ChooseMyPlate.gov.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 160 | |
| Total Fat | 5 g | |
| Protein | 11 g | |
| Carbohydrates | 22 g | |
| Dietary Fiber | 4 g | |
| Saturated Fat | 1.5 g | |
| Sodium | 330 mg | |