

## Looking for a flavorful meal this fall?



**Chef Trevis Gleason shares a favorite quick and easy recipe.**



**Trevis Gleason**

Succotash is primarily a mix of beans and corn, but other ingredients can be added to create many different variations and flavor profiles.

“The best parts of succotash are its versatility, adaptability and ease to make on the most difficult days,” says Gleason, who lives with MS. “It’s healthful, it’s simple and it can be used cold as a salad topping the next day. The variations are nearly endless. ‘Fall’ in love with these autumn succotash variations.”

## Ingredients:

- 1 cup dried beans of your choice, soaked overnight (OR one can, drained and rinsed)
- 1 cup frozen
- sweet corn
- 1 medium onion, chopped
- 2 tablespoons oil
- Salt and pepper to taste

## Directions:

1. Drain and cook the soaked dried beans in fresh water until tender. Drain and reserve. (If using canned beans, skip this step.)
2. Heat oil in a large Dutch oven over medium-high heat.
3. Add corn and let it sit without stirring until it begins to brown a bit, about 3 to 4 minutes.
4. Stir in the onion and a pinch of salt. Cook until softened.
5. Add the cooked beans (or rinsed canned beans) and stir until heated. Season to taste.

Leftovers keep in a sealed container in the refrigerator for up to 5 days.

## Variations:

**More savory:** Add some sliced mushrooms when you cook the onion.

**Deeper flavor:** Use butter beans, a bit of minced garlic and fresh (or dried) herbs like tarragon or thyme. Or roast the sweet corn in a hot oven for a few minutes to toast, and use cannellini beans, chopped tomato and oregano.

**Southwest version:** Use black beans, hominy, diced bell pepper and a bit of diced jalapeño, then finish with your favorite salsa.

**Mediterranean version:** Use chickpeas, then finish with a squeeze of lemon juice and a spoonful of tahini.

**Asian version:** Use frozen edamame, chopped water chestnuts and a dash of soy or sweet chili sauce.