

# Real Meals Real Fast

by Jessica Prentice

## Suffer-free Succotash

The word "succotash" comes from a Narragansett word, m'sickquatash -- with variants sukquttahash and msakwitash -- which apparently meant "fragments" and referred to a stew of various ingredients, always including corn. The dish "succotash" has meant many things over the years, but has generally been a stew-like dish including corn and beans.



### Ingredients:

½ dried ancho chile pepper (or other mild, dried chile), without stem or seeds  
½ cup boiling water  
2 Tblspns butter or olive oil  
1 medium leek or onion, chopped or diced  
1 large (or two small) sweet pepper(s), red, orange or yellow, diced (bell, gipsy or other)  
1 cup dried or fresh shelling beans, preferably white or pale green (such as lima beans, butter beans, or gigandes), cooked until soft (will yield about 2 cups)  
3 ears corn, kernels cut off the cob  
½ cup cream or crème fraiche (optional)  
salt and black pepper to taste  
1 or 2 scallions, minced

### Procedure:

1. Reconstitute the ancho chile pepper in the boiling water by pouring the water over the chile in a bowl and letting it soak while you begin the recipe.
2. Heat a large skillet or shallow pan over medium high heat and add the butter or oil.
3. When the butter or oil are hot, add the onion or leek, and sauté for about two minutes.
4. Add the bell pepper and continue to sauté for another couple of minutes.
5. Lift the ancho chile out of the hot water and mince it small. Add the chile mince to the sauté and stir. Allow to cook for a minute or so, then add the chile soaking water to the sauté (strain out seeds).
6. Drain the beans and reserve the cooking water. Add the beans to the sauté and bring mixture to a simmer. Add bean cooking water as needed to keep the mixture wet and saucy.
7. After about 5-10 minutes, when the mixture is soft, add the corn kernels and cook for another minute or two to heat through, and add salt and pepper to taste.
8. Remove from heat and stir in cream or crème fraiche.
9. Serve as a stew with chopped scallions on top, or as a side dish to fried chicken, pork chop, or other meat.

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