



Total Time  
**65 MIN.**


Serving & Size  
**1 CUP (8 OZ LADLE)**

Difficulty  
**EASY**

This summer succotash is made with Swanson® Unsalted Chicken Broth and is packed with potatoes, lima beans and corn.

Yields  
**12**

| <b>Nutrition Facts</b>          |                    |
|---------------------------------|--------------------|
| Serving Size                    | 1 CUP (8 OZ LADLE) |
| <b>Amount Per Serving</b>       |                    |
| <b>Calories</b> 118             |                    |
| <b>% Daily Value</b>            |                    |
| <b>Total Fat</b> 3.2g           | <b>5%</b>          |
| <b>Saturated Fat</b> 0.5g       | <b>3%</b>          |
| <b>Cholesterol</b> 2mg          | <b>1%</b>          |
| <b>Sodium</b> 60mg              | <b>3%</b>          |
| <b>Total Carbohydrate</b> 19.6g | <b>7%</b>          |
| <b>Dietary Fiber</b> 3g         | <b>12%</b>         |
| <b>Protein</b> 4.8g             | <b>10%</b>         |
| Vitamin A 2%                    | Vitamin C 13%      |
| Calcium 4%                      | Iron 5%            |

| <b>INGREDIENTS</b>   | <b>WEIGHT</b> | <b>MEASURE</b> |
|--|---------------|----------------|
| vegetable oil  |               | 2 tbsp.        |
| onion, chopped   | 11 oz.        | 2 cups         |
| leek, trimmed, sliced  | 3 oz.         | 1 cups         |
| garlic, peeled, minced   |               | 1 tbsp.        |
| Yukon Gold potato, unpeeled, small diced pieces  | 17 oz.        | 3 cups         |
| fresh thyme leaves   |               | 2 tbsp.        |
|  <b>Swanson® Unsalted Chicken Broth</b> |               | 2 qt.          |
| bay leaf   |               | 2 leaves       |
| reduced fat (2%) milk  |               | 1 cups         |
| frozen lima beans and corn   | 1 lb.         | 3 cups         |
| nutmeg, grated   |               | 1/2 tsp.       |
| ground red pepper  |               | 1/8 tsp.       |



## INSTRUCTIONS

1. To sauté vegetables, in kettle heat oil over medium-high heat:

- Add onions and leeks and sauté 4-5 minutes until tender.
- Stir in garlic and continue to cook 1 minute.
- Add potatoes and thyme and cook 4-5 minutes.

2. Stir in Swanson Unsalted Chicken Broth along with bay leaves. Bring to a boil; reduce heat and simmer 30 minutes or until potatoes are very tender.

3. Remove from heat and cool slightly before processing until very smooth in a food processor or with an immersion blender.

4. Bring mixture back to a simmer along with milk, lima beans and corn, nutmeg and red pepper. Simmer 5-7 minutes. Remove bay leaves.

CCP- Heat to a minimum internal temperature of 165°F for one (1) minute.

CCP- Hold for hot service at 140°F.

5. To Serve: Using an 8 oz ladle, portion 1 cup soup.