



INGREDIENTS

- 3 Pieces Bacon*
- 1 Cup Sweet Onion
(chopped into ½ inch pieces)
- 4 Teaspoons Garlic (minced)
- 1 Cup Fresh Okra (chopped)
- 1½ Cups Yellow Squash
(chopped into ½ inch pieces)
- 1 Cup Lima Beans
- 2 Cups Corn
- ½ Cup Tomato (chopped small)
- 1 Teaspoon Paprika
- Salt and Pepper (to taste)

DIRECTIONS

1. Heat a large cast iron skillet over medium heat. Once hot, add bacon. Cook until crispy, about 8 minutes, turning over after 5 minutes. Transfer bacon to paper towels. Once cooled, crumble into small pieces. Set aside.
2. With about 2 tablespoons of bacon grease in the skillet (drain excess), add in onion, garlic, okra and squash. Season with salt and pepper. Cook until onion is soft, about 6 minutes.
3. Next, add in lima beans and corn. Add paprika and season again with salt and pepper. Stir and cook for several minutes.
4. Add in your tomato and stir. Cook for another minute, taste, and adjust seasoning if needed.
5. Stir in your bacon bits and serve.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

7 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: 1½ Cup

**This food item does not credit in CACFP.*