



Cast Iron Succotash

Whether the pan is placed on the grill, open fire, or stovetop, cast iron gives any dish a delightful rustic flavor. This recipe needs fresh, fast cooking vegetables such as fresh beans, sweet onions, summer squash, leafy herbs, sweet corn, and plump tomatoes. Please, avoid longer cooking vegetables like bitter greens, winter squash, root vegetables, and dried beans.

Makes 4-6 servings

INGREDIENTS

1 lb. ripe Tomatoes, washed & rinsed
1 tbsp fresh Tarragon
1 tsp fresh Thyme
2 tbsps fresh flat-leaf Parsley
1 tbsp Canola Oil
1 Onion, cut in half and sliced thin
2 Carrots, sliced in ¼ inch rounds
8 oz. **Pine Street Market Bacon Ends**, cut into strips (optional)
1 cup Green Beans, stem removed and torn into one inch pieces, or use Lima Beans
2 ears of Corn, cut off the cob
4 oz. Unsalted Butter, softened at room temperature
Salt and Pepper, to taste

- Rough chop tomatoes and discard the stem end. Coarsely chop tarragon, thyme, and parsley. In a mixing bowl, combine tomatoes and herbs with salt and pepper. Set aside and do not refrigerate. Letting the tomatoes sit after salted will draw out some of the tomatoes juices, yielding more intensely-flavored tomatoes.
- In a 10-12 inch cast iron pan over medium heat, add oil, onion, carrot, and bacon, and saute 2-3 minutes, or until fragrant and the onions become translucent and brown around the edges.
- Add beans and corn and cook for another 2-3 minutes or until the corn becomes tender and the beans soften.
- Add tomato and herb mixture with the juices from the bowl. Add butter. Turn up the heat on the stovetop. Bring to a boil, reduce the heat and simmer for 14-18 minutes or until the tomatoes have broken down. Taste for seasoning, adjust as needed. Enjoy!