

## Garden Red Lima Beans

1 lb. shelled dry beans

enough water to cover beans

Baking soda

In a large dutch oven or saucepan, cover beans with water and put on to cook. When the beans have come to a full boil for a couple of minutes, remove from heat. Take the pan to the sink and add 1 teaspoon of baking soda. Stir well and the gas will come out of the beans. Pour the beans into a large colander and rinse the beans very well with cold water. Return the beans to the rinsed out saucepan. Cover with fresh water and repeat the process.

After you have done this 2 times, return the beans to the rinsed out pan. Then add:

1 qt. box of chicken broth

1-2 cloves of garlic minced

½ cup of diced onion

½ pound of diced ham

1/8 teaspoon of cracked pepper

1/8 to ¼ teaspoon of thyme leaves

(Salt and pepper to taste)

Bring to a boil and simmer for about 15- 20 minutes. Then add a small pinch of baking soda. Stir well. Repeat 2 times.(You do not rinse the beans at this time) Watch the beans and stir frequently to keep from sticking and burning on the bottom. Add more broth or water to desired consistency. I cook the beans until they are just beginning to break apart-the skin is starting to break away. Be sure to make some of Betty's Cornbread.

(Options- I have added ¼ cup of butter if I do not use meat. I have also used crisp bacon or a ham bone. Sometimes I add cumin or other spices for seasoning. ) You can cook other dried beans the same way. Submitted by Jane Bowman

Dried Red Lima Beans



After cooking

