

Organic Baby Lima Beans

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

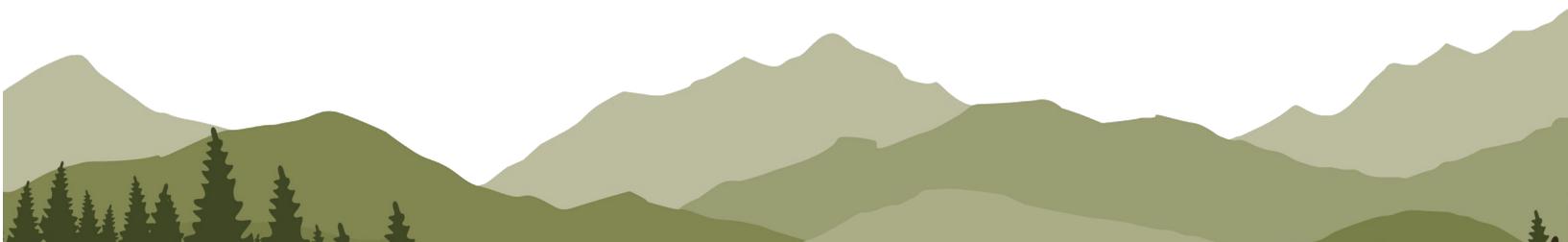
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 15 mg	1 %
Carbohydrate / Glucides 63 g	21 %
Fibre / Fibres 21 g	82 %
Sugars / Sucres 8 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	45 %

Factoid:

Lima beans are named after Lima, Peru, where they were first known to be cultivated. They come in bush and pole varieties. They are sometimes referred to as 'butter beans.' The beans are flat and kidney-shaped.

Ingredients:

Organic lima beans



Recipe:

Collard Greens with Lima Beans and Smoked Turkey

Ingredients:

1 1/2 C dried lima beans

1 Tbl olive oil

2 C red onion, vertically sliced

3 C fat-free, reduced-sodium chicken broth

1 C smoked turkey breast, diced

1/2 tsp dried thyme

1/4 tsp red pepper, crushed

3 garlic cloves, minced

1 bay leaf

8 C sliced collard greens (about 1/2 lb)

2 Tbl red wine vinegar

2 C diced tomatoes, undrained

1/4 tsp salt

1/4 tsp black pepper

Thyme sprigs (optional)

Instructions:

1. Sort and wash beans; place in a Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 20 minutes. Remove from heat; drain beans.

2. Preheat oven to 375F.

3. Heat oil in pan over medium-low heat. Add onion; sauté; 10 minutes. Add beans, broth, and the next 5 ingredients; bring to a boil. Cover and bake at 375F for 1 hour and 15 minutes. Stir in collards, vinegar, and tomatoes. Cover and bake an additional 1 hour or until beans are tender, stirring occasionally. Stir in salt and pepper. Discard bay leaf. Garnish with thyme sprigs, if desired.

Cooking Note:

1. Presoak Lima beans. Have four cups of water for every one cup of beans. Soak in a bowl overnight, or for 12 hours. Ensure there is enough room in the bowl for the beans to expand.
2. Drain the beans.
3. Put the beans into a saucepan with 2-3 cups of water.
4. Bring to the boil. Once boiling, reduce the heat and simmer for 1 hour or until they are at a desired, tender texture.

