

Speckled Butter Beans

14 OZ. DRIED SPECKLED BUTTER BEANS

WATER

1 TSP. SALT

1/8 CUP OLIVE OIL OR COOKING OIL

1 KNORR BEEF BOUILLON (OR 2 TSP. GRANULES)

Place beans in a medium saucepan (do not rinse beans). Add bouillon, salt, and oil. Cover with water until water is 2 inches over top of beans. Bring to a hard boil for 10 minutes. Now make sure they have water to cover them. Cover and cook on low 1 hour. Makes 4-6 servings.

*"Make sure you stir occasionally and do not let them
BURN UP...Tammy!"*

Health Tip: Canned and Frozen Vegetables are packed at their peak of freshness. A study shows that canned and frozen vegetables are very nutritious and are a great source for diets due to their availability. Some can be an even better source than fresh due to being packed at the right time. Some fresh vegetables sit for too long before consuming.