

Bowl of Butter Beans

16 OZ. DRIED LIMA BEANS

LARGE STOCK POT OR PRESSURE COOKER

WATER & BOUILLON OR CHICKEN STOCK

BOUILLON: 1 VEGETABLE BOUILLON KNORR

1 CHICKEN BOUILLON KNORR

CHICKEN STOCK: SEE STOCK RECIPE UNDER

POULTRY SECTION OF COOKBOOK.

1/8 CUP OLIVE OIL

2 TSP. SALT

½ TSP. BLACK PEPPER

Look your beans when removing them from the package by pouring them by the handful into your hand and dropping them into the pot. Take out discolored beans, rocks, and clumps if present. Cover beans with about 1 ½ inches of water or chicken stock. If using water add bouillon listed above.

Add oil, salt, and pepper.

Pressure cooker: Bring to pressure for 10 minutes and turn off for 2 hours. Open it up and continue to cook until soft.

Stock pot: Bring to a boil for 15 minutes. Turn off let sit on stove for 3 hours. Bring to a medium simmer and cook until soft.

Option: Kitchen Accomplice Liquid Bouillon is good too just a little pricy. Use ham pieces to flavor (I do not recommend bacon or bacon grease).