

Bowl of Butter Beans

16 OZ. DRIED LIMA BEANS

LARGE STOCK POT OR PRESSURE COOKER

WATER WITH BOUILLON

OR CHICKEN STOCK

BOUILLON: 2 LARGE KNORR CHICKEN BOUILLON OR 2
TBSP. CHICKEN BOUILLON GRANULES

1/8 CUP OLIVE OIL

1 TSP. SALT

1/2 TSP. BLACK PEPPER

When removing beans from package, take out discolored beans, rocks, debris, and clumps if present. Rinse beans well, pour off water, then cover beans with about 1 1/2 inches of water or chicken stock. If using water add bouillon listed above. Add oil, salt, and pepper.

Pressure cooker:

Bring to high pressure for 10 minutes, turn off and let sit for 2 hours. Take off cover and continue cooking until soft. Taste and add more salt if needed before serving.

Stock pot:

Bring to a boil for 15 minutes. Turn off, let beans sit on stove. Beans should soak about 3 hours. Check every hour and add water to cover beans if needed during soak. Bring to a medium simmer and cook until soft. Taste and add more salt if needed before serving.

Tammy's Tip: I love light beans cooked with chicken bouillon. They are delicious without pork fat! I prefer them this way. Try it!

Option: Use ham pieces to flavor (I do not recommend bacon, bacon grease). If using meat do not let beans sit out without refrigeration for more than 2 hours.