

Marvelous Beans: Lima/Butterbeans

Lima beans, also known as butterbeans in some geographical regions, are in the broad bean family along with fava beans and others. They can be harvested along a continuum of maturity resulting in a great variety of tastes and textures. They can be used fresh, or preserved as frozen, dried, or canned. As all beans, lima beans are packed with protein, fiber, and other significant nutrients, making them a superfood. They are especially high in iron. A one-cup serving of cooked lima beans is 209 calories with 12 grams of protein.

Lima Beans and Ham

1 lb large dried lima beans
1 large smoked ham hock
1½ tsp salt
½ tsp coarse black pepper

Rinse beans and remove any foreign material. Add beans to a large pot, preferably an enameled Dutch oven if you have one. Add water to cover beans, ham hock, salt and simmer on low for 1½ to 2 hours until beans reach softness to your liking. Check often and add more boiling water if necessary to keep beans covered. Stirring often will break some of the beans and release starches that will form a delicious thick broth. Stir less for a thin broth with beans intact. Remove ham hock and pull off meat, adding it back to the beans. Taste, and add pepper and additional salt if needed.

Lima Bean, Corn, & Shrimp Pasta Salad

1 cup frozen baby lima beans
1 cup frozen corn, thawed
8 oz small shell pasta (orecchiette)
1½ cup frozen baby shrimp, thawed
½ cup celery, thinly sliced
1 tbsp fresh chives, chopped
1 tbsp fresh parsley, chopped

Dressing:
1/3 cup olive oil
2 tbsp red wine vinegar
1 small shallot, diced
Salt and pepper to taste
Combine ingredients and set aside.

Cook beans in boiling water until tender. Add corn and continue to cook 2-3 minutes until corn is done. Remove from the boiling water with a slotted spoon and using a colander, rinse with cool water and place in a large bowl. Add pasta to the boiling water and cook according to package directions. Drain, rinse under cold water, and add to the bowl. Add shrimp, celery, chives, and parsley to the bowl and toss with the dressing.

Baby Lima Bean Dip

1 10-oz pkg frozen baby lima beans.
2 cloves garlic
¼ cup fresh parsley
Zest and juice from ½ lemon
¼ cup olive oil
2 slices crisp bacon, crumbled
Salt and pepper to taste.

Cook beans in boiling water until tender. Drain and rinse in cold water. In a food processor, pulse ingredients except oil and bacon until just combined. With motor running, add oil and process until incorporated but chunky. Remove to a small bowl and top with bacon crumbles. Serve with chips.

Summer Succotash

This recipe is colorful and delicious. It calls for baby lima beans, okra, corn, and tomatoes. Try it! <https://southernbite.com/summer-succotash/>

RoseRed Homestead "Marvelous Beans" video series. Click on the Beans playlist link located here: <https://www.youtube.com/c/RoseRedHomestead>