

BAKED LIMA BEANS

World Vegetarian Cookbook

From the nuns at the Ormylia Monastery in Macedonia



INGREDIENTS

1 cup dried lima beans or any large white beans, picked over and washed
¼ cup oil
1 medium onion, peeled, halved lengthwise, and cut into thin half moons
1 medium carrot, peeled and cut into 1/3-inch-thick slices
2 good-sized (6-7 ounce each) tomatoes, finely chopped
1 ¼ tsp. salt
Freshly ground black pepper
3 Tbs. finely chopped fresh parsley
3 Tbs. finely chopped fresh oregano or 1 tsp. dried oregano

Soak the beans overnight in water to cover by 5 inches. Drain, discarding the soaking liquid and rinse with cold water.

Put the beans in a pot with 3 cups of fresh water and bring to a boil. Remove the scum that rises to the top. Cover, turn the heat down to low, and simmer gently for 40 to 60 minutes, or until the beans are just tender (*If the dried beans are very fresh it may only take 20 minutes*).

Meanwhile, put the oil in a flame and ovenproof casserole-type dish and set over medium-high heat. When hot, add the onion. Stir and cook for 1 to 2 minutes, or until the onion has just wilted. Put in the carrot and cook another minute, stirring now and then. Now put in the tomatoes and cook 7 to 10 minutes, or until the tomatoes have softened. Turn off the heat.

Preheat the oven to 325°F.

When the beans have finished cooking, add them and their cooking liquid to the dish with the onion, carrot, and tomatoes. Add the salt, lots of black pepper, the parsley, and oregano. Stir to mix. Put the casserole dish into the oven and bake, uncovered for 2 hours. Serve hot.

Serves 4

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