

LIMA BEANS

Lima beans, also known as butter beans originated in the South America. They are rich in fibre, protein, magnesium, potassium and phosphorus.



HOW TO CHOOSE

- Choose dried beans that have smooth skins, without shriveled or broken coats

HOW TO PREPARE

- Soak dried lima beans overnight (8 hours or more). Rinse lima beans before cooking. Add 3 cups of water for every cup of dried lima beans when cooking.
- Saucepan: In a saucepan, combine dried lima beans and water. Cover and bring to a full boil. Reduce heat and simmer until tender (40 to 60 minutes).
- Microwave: Combine dried beans and water, cover and cook on high 10-15 mins.
- Canned lima beans: Rinse prior to eating/cooking to reduce sodium content.

HOW TO STORE

- Dried lima beans in sealed containers stored in a cool, dark and dry area can be kept for years.
- After cooked, drain, cool, cover and store in the fridge for up to 5 days.

HOW TO FREEZE

- Lima beans can be frozen in freezer bags or small containers for up to 6 months
- Lay the cooked lima beans flat in freezer bags or small containers.

NUTRIENT SPOTLIGHT: PHOSPHORUS

Did you know: 1 cup (170g) of cooked lima beans provides 32% of an individual's daily value of phosphorus?

Phosphorus:

- Assists in storing and using energy.
- Works with calcium to build strong bones and teeth.
- Helps maintain a normal pH in our bodies.

Sources of phosphorus:

Legumes (beans, peas, lentils), seeds, nuts, milk, cheese, yogurt, eggs, soy products, whole grains, meat, poultry and fish.

For more information, visit thefoodbank.ca/food

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SIMPLE SUCCOTASH

Serves: 4 | Prep: 10 mins | Cook: 10 mins

Difficulty level: Easy



INGREDIENTS

- 1 tsp. oil
- ¾ cup red bell pepper (chopped)
- 1/2 cup tomatoes (diced)
- 1 cup canned corn (drained and rinsed)
- 1 cup canned lima beans (drained and rinsed) or dried lima beans (soaked overnight)
- 1 tbsp. vinegar
- 2 tsp. garlic powder

INSTRUCTIONS

1. Heat oil in a skillet over medium-high heat.
2. Add peppers and onion. Cook for 3 minutes.
3. Add corn and lima beans. Stir to mix and cook for 3 minutes.
4. Add vinegar and garlic powder. Cook for 3 minutes.

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Recipe adapted from hungerandhealth.feedingamerica.org

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