

Simple and Savory Lima Beans

Today most frozen lima beans are small and tender, different from the mealy ones some of us may remember. They cook quickly, and with the addition of a few chopped vegetables, tomatoes, and seasonings make a delicious main dish to serve over rice, mashed potatoes, or pasta. Accompany the limas and rice/potatoes/pasta with steamed fresh vegetables, a big green salad, and whole grain bread. Limas are a good source of folacin, potassium, and calcium and are nearly fat-free.

- 1 10-oz. package frozen lima beans**
 - 1 cup onion, chopped**
 - 1-1/2 cups cleaned and sliced mushrooms**
 - 1-1/2 cups chopped tomatoes, fresh or canned, or tomato sauce**
 - 1 Tbsp. light soy sauce or tamari**
 - 2 meatless Italian sausages, either Tofurky or Veggie Brats brand*
sliced in 1/4" rounds or in small 1/4" chunks**
- Salt and pepper to taste**
- Garnish with a sprinkling of chopped green onions, including tops (opt.)**

Cook lima beans according to instructions until they are very tender. Then drain and discard the cooking liquid. While limas beans are cooking prepare the remaining ingredients. In a medium saucepan over low to medium heat sauté the onion and mushrooms in 2 tablespoons of olive oil in a medium saucepan. Stir frequently, and continue cooking until the onion is translucent, about 7 minutes. Add the tomatoes and soy sauce and bring to a simmer for 4 minutes. Stir in the limas, salt and pepper to taste, and green onions. If necessary, add a little water to make a more juicy topping.

*Meatless Italian sausage adds great flavor and makes the transition to meatless meals easy. Look for meat alternatives near the produce section in markets.

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