



Baby Lima Beans, Dry

MyPlate Food Group: **Vegetable** or **Protein**

USDA
Foods

Nutrition Information

- $\frac{1}{2}$ cup of cooked baby lima beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as $\frac{1}{2}$ cup in the Vegetable group.
- Baby lima beans are high in protein, fiber, and iron.
- Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about Baby lima beans, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Baby lima beans should be soaked before cooking.
- Before soaking, sort through the beans and remove any stones, dirt, broken, or shriveled pieces. Use one of the following methods:

Overnight Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.

Quick Soak Method

Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

- If a recipe calls for cooked beans, put the soaked, drained and rinsed beans in a pot with new water and bring them to a boil. Turn the heat down to low, cook about 1 hour.

MyPlate Facts

- Baby lima beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health. It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

Storing Foods at Home

- Store dry baby lima beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly closed bag or container.



USDA Foods

Southern Style Butter Beans

Makes 4 servings

Ingredients:

2 cups dry lima beans
3 tablespoons butter
1 bunch green onions (about 8), cleaned and chopped
3½ ounces smoked sausage, cut into ¼-inch slices
¼ cup milk
Salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Rinse the beans and pick out any shriveled or broken beans, small rocks, or dirt.
2. Place beans in pot with water to cover.
3. Cook on medium heat until water starts to boil, then reduce heat to simmer. Cook until the beans are almost soft. Add more water if needed.
4. Add the rest of the ingredients to the saucepan. Bring to a boil. Reduce heat to simmer and cook for approximately 4 hours or until beans soften and sauce thickens.

Recipe adapted from the California Dry Bean Advisory Board

Marinated 3-Bean Salad

Makes 4 servings

Ingredients:

1 cup lima beans, cooked, drained, and cooled
1 cup red kidney beans, cooked, drained, and cooled
1 cup green beans, cooked, drained, and cooled
1 medium onion, thinly sliced and separated into rings
½ cup green bell pepper, chopped
8 oz fat-free Italian salad dressing

Directions: Wash hands with soap and water.

1. Cook and cool all of the beans. Slice green beans into 1-inch pieces.
2. Peel and slice the onion, and then separate into rings.
3. Remove the stem from the green pepper, and chop into small, bite-size pieces.
4. In a large bowl, combine the lima beans, kidney beans, green beans, sliced onion rings, and green pepper.
5. Pour the Italian dressing over the vegetables and toss lightly.
6. Cover the bowl and marinate in the refrigerator for at least one hour. You can leave the salad in the refrigerator overnight.
7. Drain before serving.

Recipe adapted from Perdue Extension FoodLink