

## Bacon-Tossed Lima & Butter Beans

Turkey Day Primer | November 2007



*This recipe's your ace—easy and quick. You can even make the bacon-onion mixture ahead and chill until needed.*

PREP: 10 MINUTES COOK: 12 MINUTES

- 3 SLICES BACON, CHOPPED**
- 1 LARGE ONION, QUARTERED AND SLICED**
- 1/2 TSP. CARAWAY SEEDS, CRUSHED**
- 1 16-OZ. PKG. FROZEN LIMA BEANS, THAWED**
- 1 16-OZ. PKG. FROZEN BUTTER BEANS, THAWED**
- 1/2 CUP CHICKEN BROTH**
- SALT AND GROUND BLACK PEPPER**

In a very large skillet cook bacon, onion, and caraway seeds just until onion is tender. Stir in thawed beans and broth. Bring to boiling. Reduce heat and simmer, covered, for 8 minutes or until beans are tender, stirring occasionally. Uncover and cook and stir for 1 to 2 minutes more or until lightly browned and liquid is evaporated. Season to taste with salt and pepper. Makes 12 servings.

Per serving: 150 cal., 4 g fat (1 g. sat. fat), 7 mg chol., 252 mg sodium, 21 g carbo., 4 g fiber, 7 g protein.