

Kristen's Classic Butter Beans

NOTE: if using fresh butter beans, you can skip the soaking.

Ingredients:

- 1 pound dried large lima beans, rinsed and inspected for pebbles or shriveled beans
- 2 tablespoons olive oil
- 1 medium white or yellow onion, diced
- 2 garlic cloves, minced or crushed
- 1/2 teaspoon Creole seasoning
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon fresh-ground black pepper
- Low-sodium vegetable broth, around 32 oz
- 2 bay leaves
- 2-3 tablespoons butter

Instructions:

1. Pick through and discard any shriveled or unappealing beans.
2. Put beans in a large bowl with 1 teaspoon of salt. Let beans soak for about 8 hours (you can put in bowl to soak in the morning to cook at night).
3. Heat olive oil in a large pot or deep saucepan over medium heat.
4. Drain beans into a colander.
5. Sauté the onions until soft, about 5 minutes
6. Add the garlic and sauté for 30 seconds to 1 minute, or until you can smell the garlic strongly
7. Add the spices (creole seasoning, crushed red pepper, black pepper) and sauté for up to a minute, or until you can smell the spices. Be careful to not cook too long, as the spices can burn.
8. Add the beans and vegetable broth, along with the bay leaves, and stir.
9. Add water until beans are covered by about 2 inches (beans are 2 inches below the surface of the water).
10. Adjust the heat to medium high, and bring the beans to a boil for one minute.
11. Reduce the heat to keep the beans simmering.
12. Cook the beans for 1 ½ to 2 hours, or until the beans are tender, stirring occasionally and adding water as necessary to keep the beans slightly covered.
13. When beans are tender, remove the bay leaves, and taste for seasoning.
14. Add the butter and stir well to melt.

Serve hot, or cool, cover, and refrigerate for up to four days. The beans get softer and liquid creamier each time they are heated.

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Pressure Cooker

Ingredients:

- 1 pound dried large lima beans, rinsed and inspected for pebbles or shriveled beans
- 2 tablespoons olive oil
- 1 medium white or yellow onion, diced
- 2 garlic cloves, minced or crushed
- 1/2 teaspoon Creole seasoning
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon fresh-ground black pepper
- Low-sodium vegetable broth, around 32 oz
- 2 bay leaves
- 2-3 tablespoons butter

Instructions:

1. Pick through and discard any shriveled or unappealing beans.
2. Put pressure cooker on "sauté" and heat olive oil for 1-2 minutes.
3. Sauté the onions until soft, about 5 minutes
4. Add the garlic and sauté for 1 minute, or until you can smell the garlic strongly
5. Add the spices (creole seasoning, crushed red pepper, black pepper) and sauté for about a minute, or until you can smell the spices. Be careful to not cook too long, as the spices can burn.
6. Add the beans and vegetable broth, along with the bay leaves, and stir.
7. Add water until beans are covered by about 2 inches (beans are 2 inches below the surface of the water).
8. Place lid on the pressure cooker and seal. Make sure knob is set to "sealing".
9. Select the pressure cook or manual button, high pressure, and set timer for 30 minutes. It will take about 10-15 minutes for it to come to pressure
10. When the time is up, let the pressure come down naturally for 5-10 minutes, and then move the knob to the "venting" position to release the remaining pressure quickly.
11. Remove the lid, stir the beans, and remove the bay leaves. Taste for seasoning.
12. Add the butter and stir well to melt.

Serve hot, or cool, cover, and refrigerate for up to four days. The beans get softer and liquid creamier each time they are heated.