

Easy Lima Beans

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-lima-beans-instant-pot-recipe-vegan>

Ingredients:

- 1/2 tablespoon vegetable oil
- 1 small onion finely chopped
- 2 cloves garlic pressed
- 1/2 teaspoon turmeric
- 3 cups water
- 1 cup lima beans
- 1 carrot chopped or sliced, optional
- 1 teaspoon Italian seasoning blend, consisting mainly of basil, oregano, rosemary, and thyme
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 25 grams
3. Fat: 3.5 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. Sodium: 640 milligrams
7. Sugar: 3 grams

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