

Instant Pot Large Lima Beans

Yield: 5 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/rancho-gordo-christmas-lima-recipe>

Ingredients:

- 1 pound lima beans bag dried large, Camellia brand recommended {affil link}
- 1/2 cup chopped onion
- 1 rib celery chopped
- 1 small carrot scraped and chopped
- 2 garlic toes, chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/4 teaspoon freshly cracked black pepper
- 6 cups water or chicken broth
- 2 tablespoons chicken base like Better than Bouillon {affil link}
- 2 cups smoked ham baked, roughly chopped
- 1 tablespoon butter fat
- 2 bay leaves
- 2 teaspoons dried parsley

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 50 milligrams
9. Sugar: 3 grams

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