



# Recipes

## Beans

### **Baby Lima Bean Soup**

*Prep Time: 10 minutes*

*Bean Soaking Time: 8 hours*

*Cooking Time: 90 minutes*

*Yield: 2 servings*

#### **Ingredients:**

1/2 cup dried baby lima beans

1 3-inch piece kombu

1/2 yellow onion

4 cloves garlic

1/2 carrot

1 tablespoon mirin

1 teaspoon tamari

Salt and pepper to taste

#### **Directions:**

1. Cover the beans with water and soak for 8 hours.
2. Discard soaking water, rinse beans, and place in a pot with kombu and water and cover by 2 inches.
3. Boil gently for 1 hour.
4. Meanwhile, sauté onion and garlic in olive oil covered for 10 minutes.
5. Add carrots and continue cooking covered for 10 more minutes.
6. Add onion mixture to the beans.
7. Continue cooking beans for 30 more minutes.
8. Add mirin and tamari, plus salt and pepper to taste.

#### **Note:**

Try adding fresh herbs near the end of the cooking time, such as thyme or parsley.