

Lima Bean Casserole

Nina Sue Crowell - Kissimmee, FL
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Servings: 20

1/2 pound Velveeta cheese
1/4 cup milk
1 can (18 ounce) sliced mushrooms
1 tablespoon jalapeno pepper juice
2 tablespoons Worcestershire sauce
4 packages (10 ounce ea) frozen fordhook lima beans

Preparation Time: 15 minutes**Bake Time: 30 minutes**

In a double boiler melt the Velveeta cheese and milk.

In a bowl, mix together the mushrooms, jalapeno juice, Worcestershire sauce and lima beans.

Add the Velveeta mixture to the lime beans mixture.

Turn the mixture into a 13x9-inch casserole dish.

Bake, uncovered, at 350 degrees for 30 minutes.

Per Serving (excluding unknown items): 38 Calories; trace Fat (5.3% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.