

Lima Bean Special (Slow Cooker)

Shaunn Lybarger

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 15

4 cups lima beans, cooked

1 cup ham, cubed

1/2 teaspoon sage

1/4 teaspoon coarse pepper

1/3 cup margarine

*3/4 cup water (if lima beans
have little liquid)*

Place the lima beans, ham, sage, pepper, margarine and water (if needed) into the bowl of a slow cooker.

Cook for six hours on LOW or three hours on HIGH making sure the ham is done.

Per Serving (excluding unknown items): 213 Calories; 5g Fat (22.0% calories from fat); 12g Protein; 30g Carbohydrate; 9g Dietary Fiber; 5mg Cholesterol; 174mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Fat.