

Zesty Butter Beans

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Servings: 6

3/4 cup light brown sugar

1/2 cup ketchup

1/3 cup dark corn syrup

2 to 3 teaspoons liquid

smoke flavoring

1 medium onion, diced

*3 cans (1 pound, 6 ounce
ea) large lima beans,
drained*

4 to 5 strips, raw bacon

Preheat the oven to 325 degrees.

In a bowl, combine the sugar, ketchup, corn syrup, liquid smoke and onion.

Add the lima beans. Mix well.

Turn the mixture into a 1-1/2-quart casserole dish.

Arrange the bacon on top.

Bake for one hour.

*This dish may be prepared
ahead and refrigerated.*

*When ready to serve, return
to room temperature, then
bake at 325 degrees for one
hour.*

Per Serving (excluding unknown items): 154 Calories; trace Fat (2.7% calories from fat); 1g Protein; 39g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 393mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat; 2 1/2 Other Carbohydrates.