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# Ham N` Beans

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**2 cups dried lima beans (or Great Northern beans), washed well**

**1 teaspoon salt**

**1/8 teaspoon pepper**

**2 cups ham, cut in pieces**

Soak the beans overnight in six cups of water. Drain and place in a pot with six cups of water. Season with salt and pepper.

Add the ham. Simmer over low heat for two to three hours or until the beans are tender.

Serve with cornbread and a relish tray of green onions and Deviled Eggs.

Yield: 4

**Pork**

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*Per Serving (excluding unknown items): 492 Calories; 29g Fat (53.4% calories from fat); 47g Protein; 9g Carbohydrate; trace Dietary Fiber; 154mg Cholesterol; 5688mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1 1/2 Fat.*