

## LIMA BEANS WITH HAM HOCKS

### INGREDIENTS:

❖ Dry lima beans	1 1/2 cup
❖ Water	3 cup
❖ Ham hocks	2 1/2
❖ Carrot	2 ea
❖ Onion	1 ea
❖ Bay leaves	2 ea
(leave whole and remove before serving)	
❖ Green pepper, sliced	1 ea
❖ Canned tomatoes	14 oz
❖ Salt	2 tsp
❖ Thyme	1/2 tsp
❖ Cloves (ground)	1/4 tsp
❖ Black pepper	to taste

### METHOD:

1. Cover beans with water. Boil for 2 minutes.
2. Cover, let stand for 1 hour without draining beans.
3. Add ham hocks, bay leaves and additional water if needed to cover beans.
4. Simmer 1 hour or until beans are just tender.
5. Chop or dice carrots, onions and green pepper.
6. Add onion, green pepper, tomatoes, salt, thyme, black pepper and cloves.
7. Mix carefully until blended.
8. Cover and simmer for about 45 minutes until meat is tender.
9. Remove meat from ham hocks. Discard fat and bones.
10. Return meat to pot.
11. Heat through and serve immediately.

Here is another recipe that can be canned if you don't eat it all



