



LIMA BEANS WITH HAM

April 20

National Lima Bean Respect Day

INGREDIENTS

- 1 Tablespoon Oil
- 1 Cup Finely Diced Onion
- 6 Ounces Cubed Ham
- 2 - 15 Ounce Cans Lima Beans
- 1 Cup Chicken Broth
- ¼ Teaspoon Garlic Powder

DIRECTIONS

1. In the sauce pan, add the oil and diced onion and saute until translucent.
2. Add the ham, beans, chicken broth, garlic powder and black pepper; stir well.
3. Bring the mixture to a simmer, reduce heat to low, and cover and cook for 15 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	⅜ Cup	½ Cup	½ Cup