

## Mary's Great Northern or Lima Beans Recipe

Watch the YouTube video to get techniques down, but don't forget to add ham or a ham hock. The video did not include that! <https://www.youtube.com/watch?v=Soy6XmXuuPM>

### **Ingredients:**

Olive oil or some bacon grease

½ teaspoon pepper

½ teaspoon salt

2 cups chopped onion

1 Tablespoon Garlic

2 teaspoons Better Than Bouillon chicken base

1 ham hock or ham chopped up in little pieces (Riley uses bacon)

1 bag of beans soaked overnight (OR)

1 large can of Flavorless pork and beans 1 large can of beans and great northern beans

### **Method:**

Soak beans overnight and wash them thoroughly! Riley has used cans of beans and thinks it is much better.

In a pot add oil (add some bacon grease if you like). Sweat the following items in the pot: onion, garlic, and pepper, salt for about 8-10 minutes on medium until they get a light golden color and are very tender.

Add 4 cups of water and your beans and a ham hock or ham chopped up.

Add the Better Than Bouillon chicken base and put on medium heat stirring occasionally for about 4 hours.

Eat served over rice and fresh diced onion.

Yummy, there is nothing better.

☺ Mary