

Nutrition Education

These nutritious and delicious soups are a great way to warm up this winter.

Lima Bean Soup with Ham

Ingredients:

- 1/2 pound dried baby lima beans
 - 2 cups chopped onions
 - 2 garlic cloves, minced
 - 2 (14.5 ounce) cans reduced sodium chicken broth
 - 1 1/2 cups cubed fully cooked lean ham
 - 1 cup sliced fresh carrots
 - 1/2 cup water
 - 1/2 teaspoon ground black pepper
1. Soak lima beans overnight, discard liquid and go to step #2 **or** place lima beans in stock pot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discard liquid.
 2. In a stock pot coated with nonstick cooking spray, cook onions and garlic until tender. Stir in the broth, ham, carrots, water, pepper and lima beans. Bring to a boil. Reduce heat; cover and simmer for 50 minutes or until beans are tender.

