

Lima Bean Soup

This recipe is Pennsylvania Dutch. I hope you like it as much as we do. I like to add my Homemade Herb Vinegar and fresh, sliced onion to my bowl of soup.

2 pounds dried lima beans

3 pounds ham with bone or
1-1/2 lb. boneless ham, cut into 1-inch
cubes

1 stalk celery, sliced
2 tsp. parsley or 4 Tb. fresh parsley, minced
1 medium onion, chopped

2 pounds (4 cups) diced potatoes
ground pepper



Cover lima beans with water and soak lima beans overnight in large 5-quart Dutch oven.

Drain beans and discard water; rinse with water. Remove loose skins from beans.

In same Dutch oven, add ham with bone and cover with water.

Add celery, 1 tsp. parsley, or 2 Tb. fresh parsley, and onion.

Cook until tender.

Discard bone, shred ham to equal 4 cups.

Return ham and add the lima beans to the broth in Dutch oven.

Skim off fat; if needed.

Cover lima beans with water and cook 1/2 hour after boiling.

Add potatoes.

Bring to a boil and simmer 1 hour after boiling or until potatoes are tender and soup thickens from the beans.

Add rest of parsley and ground pepper to taste.

Yield: 8 to 12 servings.

NOTE: When using cubed ham, add 1 Tb. oil to the 5-quart Dutch oven and brown the meat slightly. Sauté onion and celery with meat before adding water; add parsley and soaked lima beans. Follow rest of recipe above.

As we all know, Beans have a tendency to pass gas. I found out by rinsing the beans after soaking, it reduces this tendency. You can also cut this recipe in half.