

Baked Lima and Butter Beans in a Thick BBQ Sauce

“For those who shy away from lima bean, try this recipe, a delicious blend of beans in a spicy BBQ sauce. Horseradish and molasses pair up as spicy and sweet flavors. Serve with grilled chicken, hamburgers, or turkey burgers”.

10 servings of approximately 2/3 cups each

INGREDIENTS:

- 1 cup commercial barbecue sauce
- 1 tablespoon horseradish sauce
- 1 tablespoon dark or light molasses
- 2 tablespoons brown sugar
- 2 (15 ounce) cans pork and beans
- 1 (15.25 ounce) can lima beans, drained
- 1 small sweet onion, finely chopped
- 1/2 small green bell pepper, finely chopped

DIRECTIONS:

- Preheat oven to 350 degrees.
- In a large 2-quart casserole dish, blend barbecue sauce, horseradish, molasses, and brown sugar.
- Add the remaining ingredients to the barbecue mixture and blend well. Bake uncovered for 45 minutes or until onions and peppers are tender.

The Food and Mood Cookbook by Elizabeth Somer: page 223