

**Makes 4 large servings.**

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## **Lima Bean Stew Ingredients:**

- 1 1/2 cups dry lima beans
- 2 lg carrots, peeled and diced
- 2 ginger slices, peeled
- 2 celery sticks, chopped in 1/4 inch slices
- 1 sm cauliflower, cut in large pieces
- 2 bay leaves
- 1 tsp thyme leaves
- 1 - 2 Tbsp olive oil
- 1/2 tsp turmeric
- 1/2 tsp gr cumin
- pinch cayenne or to taste
- 1 sea salt
- Fresh ground pepper to taste
- 1/4 cup minced fresh parsley

## **Directions:**

1. Soak the lima beans in 2 qt cold water, overnight or up to twelve hours
2. Preheat the crockpot on high
3. Add the lima beans to a saucepan, with water to cover. Bring them to a boil
4. Prep the veggies and add to the crockpot with lima beans and cooking water
5. Add more water if needed to cover
6. Add the bay leaves, ginger slices, and thyme
7. Reduce heat to low, cover and cook for 6 - 8 hours
8. Heat the oil on low in a small frying pan
9. Add the cumin, turmeric & cayenne. Heat gently for a few minutes
10. Using a spatula, transfer spices and oil to the crockpot
11. Add 1/4 cup minced parsley, sea salt and pepper to taste
12. Stir gently, cover and cook for another 15-30 minutes
13. Remove the ginger slices and bay leaves when serving