



**Many Hands Organic Farm and
Sustainability Center**
Julie Rawson and Jack Kittredge
411 Sheldon Road
Barre, MA 01005
(978) 355-2853 - Home
(978) 257-1192 - Cell
Farm@mhof.net

Lima Bean and Greens Casserole

From Nina Marcinowski

Ingredients:

- 1 lb. bag of dry lima beans
- 2 bunches chard, washed and chopped
- 2 onions chopped
- 5 cloves garlic chopped
- Salt and pepper
- ½ cup olive oil
- 1 to 1½ cups tomato sauce

Directions:

1. Soak lima beans overnight and cook till done and cool.
2. Mix beans and the equivalent of 2 bunches of chard. (You can use spinach, chard, Asian greens, or kale. Try to use at least ½ chard or spinach.)
3. Mix in onion, garlic then oil. Lastly, add tomato sauce. Put in a casserole dish large enough to hold.
4. Cover and bake 1 to 1½ hr. at 350°.