



Slow Cooker Southern Lima Beans and Ham

Savannah · 30/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

15 hrs 15 mins

Description

I searched your website for the simple lima bean recipe that my mom used to make and the one that is served by many restaurants here in the south as a side dish I couldn't find one so I submitted my own. This is an easy basic lima bean dish with ham, onion, and seasonings. Served over Mexican cornbread, it makes a delicious hearty meal. You can also do this on the stovetop. Just follow the directions on the back of the lima bean bag and add the seasonings. Slow cooker time is about 7 hours. Add a side salad for a complete meal.

Ingredients

- 1 pound dried baby lima beans - 2 quarts water - 2 onions
- coarsely chopped - 1 meaty ham bone - 1 cup leftover ham meat from bone
- chopped - 3 cups water
- or as needed to cover - 1 teaspoon Cajun seasoning - $\frac{1}{4}$ teaspoon freshly ground black pepper - $\frac{1}{4}$ teaspoon garlic salt
- or to taste - 1 pinch cayenne pepper

Instructions

1. Soak lima beans in 2 quarts of water in a large bowl for 8 hours or overnight. The next day
2. drain the lima beans and place into a slow cooker with onions
3. ham bone
4. and ham. Pour in 3 cups of water or as needed to cover. Place lid on the cooker
5. set to High
6. and cook for 3 hours. Stir in Cajun seasoning
7. black pepper
8. garlic salt
9. and cayenne pepper; set cooker to Low and cook until the beans and meat are very tender
10. about 4 more hours.