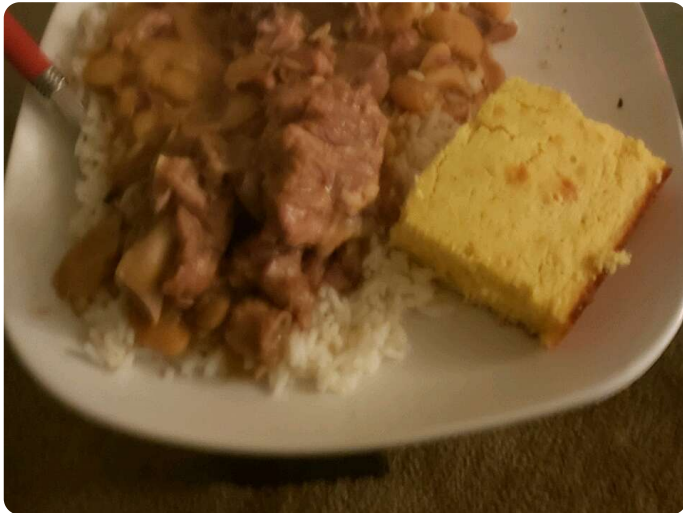




Neck Bones and Lima Beans

Oscar · 28/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

10

Description

Meaty neck bones and fresh dry beans are best for this one If done correctly meat should fall off the bones
Great over rice

Ingredients

— - 2 tablespoons garlic powder - 2 tablespoons onion powder - 1 tablespoon cayenne pepper - 1 tablespoon rubbed sage - 1 tablespoon ground nutmeg - 1 teaspoon seasoned salt - salt and pepper to taste - 3 pounds pork neck bones - 3 tablespoons olive oil - 1 cup diced onion - 1 cup chopped red bell pepper - 1 (16 ounce) package dried lima beans - 10 cups water

— divided

Instructions

1. Combine the garlic powder
2. onion powder
3. cayenne pepper
4. sage
5. nutmeg
6. seasoned salt
7. salt
8. and pepper in a small bowl. Rub 3/4 of this mixture into the pork neck bones; set the neck bones and remaining seasoning aside. Heat the olive oil in a large skillet over medium heat. Stir in the onion and bell pepper; cook and stir until the onion has softened and turned translucent
9. about 5 minutes. Add the neck bones; reduce heat to low
10. and cover. Cook
11. stirring occasionally
12. for 1 hour
13. adding water as needed to keep the meat and vegetables from scorching. Meanwhile
14. place the lima beans into a large pot and pour in 8 cups of water; bring to a boil over high heat. Once boiling
15. turn off the heat
16. cover
17. and let stand 1 hour. After the beans have stood for 1 hour
18. drain and rinse. Return the beans to the pot
19. and pour in 2 cups of water. Bring to a boil over high heat
20. then stir in the pork and vegetables
21. and the remaining spice mixture. Reduce heat
22. cover
23. and simmer until the lima beans are tender
24. and the pork is falling off the bones
25. about 30 minutes.