



Classie and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Mediterranean Baked Broccoli and Lima Beans (6 servings)

Ingredients

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| 1 bay leaf | 1 tsp red wine vinegar |
| 1 vegetable bouillon cube | 1 Tbsp tomato paste |
| 1 onion - small, finely chopped | 1-2 tsp pure maple syrup, or agave nectar |
| 1 carrot - small, shredded | 2 tsps oregano - dried |
| 1 cup dried lima beans | 1 tsp thyme - dried |
| 2-3 Tbsps olive oil | 3 Tbsps parsley - fresh, chopped |
| 2-3 cloves garlic - finely minced | 3 Tbsps fresh mint - finely chopped |
| 1 head broccoli - chopped into medium size florets | 1 pinch nutmeg |
| 15.5-ounce can tomatoes - diced or crushed | salt/pepper to taste |

Preparation

- Soak the lima beans for at least 8 hours. Drain, rinse and put the cleaned beans into a large pot with cold water and the bay leaf. Cover and simmer the beans for 30 minutes, or until they are tender, but not fully cooked through. Skim off any foam that collects while cooking.
- Drain water from the pot, reserving 1 cup of the cooking liquid and the bay leaf. Dissolve the bouillon cube in the reserved water and set the mixture aside.
- Preheat the oven to 375° F. Lightly grease a Dutch oven, or other deep dish ovenware (baking dish, or casserole) and set it aside.
- Pour the olive oil into pot, add garlic and onion and saute 3-4 minutes, until the onion is translucent. Add the carrot and cook for 1-2 minutes more. *(continued)*



- Add the tomatoes, reserved bean water and bay leaf, red wine vinegar, tomato paste, maple syrup, oregano, thyme, salt, pepper, and nutmeg. Bring to a boil, stirring constantly. Lower the heat and cook for 10-12 minutes, to thicken the sauce.
- Stir in the beans, parsley, and mint. Check and adjust the salt and pepper levels, if needed.
- Add broccoli florets to bean mixture and then transfer it into the greased ovenware. Cover with a lid or snugly with aluminum foil.
- Bake 30-40 minutes, stirring occasionally, until the broccoli is tender and the beans are creamy. Remove the lid and bake uncovered for another 10-15 minutes, until the beans appear to be slightly dry and the sauce has thickened.
- Once the bakeware is removed from the oven, remove and discard the bay leaf, and allow the dish to cool for 10 minutes before serving.
- Serve and enjoy!

This recipe was prepared 'live' on S1: Episode 3 of the video podcast "Dishing with Patricia," airing on YouTube.
