

Lima Bean Soup

Serves 2 to 4

Growing up, lima beans scored at the bottom of my *Do Not Like Beans* list. But after learning about the healing and health benefits of plant foods I thought I'd give them a second chance and I found a luscious new love in Fordhook limas; they are buttery and succulent.

Ingredients

- 2 teaspoons olive oil
- Small bunch of green onions (6-8) with green parts, finely sliced
- 1/2 onion, finely diced
- 4 celery stalks, sliced
- 3 garlic cloves minced or pressed
- 1 12ounce bag frozen Ford Hook lima beans
- 1 tablespoon tomato paste
- 4 cups water
- 1/2 teaspoon unrefined sea salt
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Directions

Add olive oil to a medium size pot. Cook green onions, onion and celery over medium heat until soft, about 5 minutes. Add garlic and cook another minute while stirring. Add lima beans, tomato paste, water and sea salt. Bring to a boil then reduce heat to a gentle simmer. Cook uncovered for 1 hour. Blitz 1 cup of soup in a blender to thicken the broth. Serve hot or warm.