

Scrumptious Mushroom and Lima Bean Stew

- 1 cup dried lima beans
- 2 Tbs extra-virgin olive oil, plus more as needed
- 1 large onion, diced (2 cups)
- 4 cloves garlic, minced
- 8 oz shitake mushrooms, trimmed and thinly sliced
- 8 oz portobello mushrooms, trimmed and cut into 1-inch pieces
- 2 lbs butternut squash, peeled, seeded, cut into 1-inch pieces
- 1 bay leaf
- 8 cups low-sodium chicken stock
- 8 oz kale, stems removed and leaves thinly sliced (6 cups)
- fresh ground black pepper
- kosher salt

Sort and wash then soak lima beans overnight in water. Drain.

Heat oil in a large pot over medium flame. Add onion and garlic. Cook until tender, 6 to 8 minutes then transfer to a bowl.

Turn heat to medium high. Working in batches, add mushrooms, cooking until golden brown. Transfer to bowl. Add more oil to brown remaining mushrooms.

Return mushrooms, onions, and garlic to pot. Add squash, beans, bay leaf and stock. Season with pepper. Bring to a boil. Immediately reduce to a simmer, covering pot partially to release steam.

Cook until beans are just tender, about 50 to 60 minutes.

Stir in kale and cook until tender, about 5 minutes. Season with salt and serve.

Makes 10 cups and serves 6-8.

From: Wholeliving.com