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Lima Beans and Turkey Sausage Casserole

Ingredients

1 cup dry lima beans

2½ cups water

½ teaspoon salt

3 medium carrots, diced

2 teaspoons chopped onion

½ pound turkey sausage

Makes 4 servings

Instructions

1. Place beans in a strainer (in the sink) and rinse with cold water. In a large pot combine beans with 2½ cups water, remove any beans that float. Bring beans to a boil for 2 minutes. Remove from heat, let stand for 1 hour.
2. Return pot to stove, add salt, and boil gently for 25 minutes. Add carrots and onion; continue to cook for 5 minutes. (If needed add additional water to keep beans from scorching.) Do not drain. Preheat oven to 350º F.
3. While beans are cooking, cook turkey sausage.
4. Add cooked sausage to beans. Bake in a covered casserole dish for 1 hour or until beans are tender, adding water if necessary.

Notes:

- If using bulk sausage, break into bite size pieces.
- If using link sausage, cut into ½ inch pieces.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 410	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 670mg	**28%**
Total Carbohydrate 60g	**20%**
Dietary Fiber 20g	**80%**
Sugars 2g	
Protein 30g	

Vitamin A 150% • Vitamin C 6%
Calcium 10% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

13% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2010

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