

Not Your Grandma's Butter Beans

When I was growing up Butter Beans, often called Lima beans were rightfully feared. They led the list of most likely vegetable to be snuck into one's napkin. So of course I was intrigued when, Meera Sodha, a favorite recipe developer, offered up this dish of Tomato Rose Harissa Butter Beans. Meera has never steered me wrong, but still Butter Beans?

What I discovered in this adaptation was an entirely new perspective on the humble beans and a perfect weeknight recipe.

Ingredients

- 7 tbsp extra-virgin olive oil
- 3 shallots peeled and minced
- 1 serrano or chili of your choice, finely chopped
- 4 large tomatoes, chopped or a tin of chopped tomatoes
- 1 tbsp harissa spice blend or harissa paste – I used the blend from the Teeny Tiny Herb Co
- 1 tbsp red-wine vinegar
- Scant $\frac{1}{4}$ tsp rose water – although this can be omitted it elevated this dish to something special
- $1\frac{1}{2}$ tbsp sun-dried tomato paste
- 2 x 400g tins butter beans, drained saving the liquid or freshly cooked butter beans
- Fine sea salt, to taste
- 15g fresh dill
- 2 tbsp lemon juice (ie, from 1 lemon)

Directions

1. Put four tablespoons of the oil in a medium saucepan on a medium to high heat and, once it's hot, add the

- shallots and chili, cooking until soft and golden.
2. Stir in tomato paste and harissa powder caramelizing it just a bit and then adding tomatoes, vinegar, rose water and allow to simmer for 10 mins.
 3. Add beans to the mixture and liquid if needed.
 4. Season with salt to taste, remove from heat and allow to sit covered so that flavors can meld.
 5. In a small dish mix lemon juice, fresh dill and a tablespoon or two of olive oil.
 6. Spoon over top of beans when you are ready to serve.

Enjoy!