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Lima Bean recipe

Ingredients:

1½ cups Lima Beans	¼ cup Lemon Juice
1 tsp. Curry Powder	1 tsp. Rosemary
½ - 1 tsp. Kelp Powder	5 - 10 g. chopped Parsley and/or Basil
1/8 cup of Grapeseed Oil (or Olive Oil)	1/8 cup of <u>Organic</u> coconut oil
4 - 5 cloves of Garlic, crushed (Raw garlic is healthier, but very strong tasting!).	

Method:

Soak the beans overnight, then cook with curry powder, rosemary and kelp powder on high in a slow cooker for about 4 - 5 hours, or until soft. Or, if cooking in a saucepan, it may take an hour and a half.
(Note - Lima beans will absorb **a lot** of water when soaking.)

Drain the beans and keep the liquid. (Excess liquid may be drunk later, if desired).

Blend all the ingredients together (beans, garlic, lemon juice, parsley and oil).

Add the left over liquid a little at a time in order to achieve the desired consistency.

It can then be served as a dip with broccoli, carrot or celery sticks, or as a spread on rice, millet or buckwheat crackers. It may also be served as a meal on a bed of quinoa or brown rice, with a side serving of vegetables or salad.

Compiled and modified by Mark Flanigan, B. HSc. (Herbal Medicine),
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Green Lentil recipe

Ingredients:

1½ cups Green or Red Lentils

1 Carrot

1 tsp. Curry Powder

½ - 1 tsp. Kelp Powder

1/8 cup of Grapeseed Oil (or Olive Oil)

1 medium Onion

½ medium Sweet Potatoe

1 - 2 tsp. Rosemary

5 - 10 g. chopped Parsley or ther herbs

1/8 cup of Organic coconut oil

Method:

Soak the lentil overnight, then cook with curry powder, rosemary and kelp powder on high in a slow cooker for about 5 - 6 hours, or until soft. Alternatively, you can use any type of dried bean - red kidney, pinto, adzuki, borlotti, navy, black turtle, etc.

(Note - Lentils and other dried beans, will absorb **a lot** of water when soaking.)

With about 1½ hours remaining, place the onion, carrot and sweet potatoe into the slow cooker. Alternatively, steam these vegetables separately until soft.

Drain the lentils and keep the liquid. (Excess liquid may be drunk later, if desired).

Blend all the ingredients together (lentils, onion, carrot, sweet potatoe, parsley and oil).

Add the left over liquid a little at a time in order to achieve the desired consistency.

It can then be served as a dip with broccoli, carrot or celery sticks, or as a spread on rice, millet or buckwheat crackers. It may also be served as a meal on a bed of quinoa or brown rice, with a side serving of vegetables or salad.

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