

Butter Beans with Benne Seeds and Okra

Swich

Makes 4 servings | Active Time: 20 minutes | Total Time: 45 minutes

Step 1: Making the Dish

- 1 cup oil
- 2 pounds fresh tomatoes, diced (or 1 28-ounce can diced tomatoes)
- 1 small onion
- 5 garlic cloves, minced
- 1 hot pepper, minced
- 1 bay leaf
- 1 cup fermented benne seeds (ogiri) or 1 cup toasted and pounded benne seeds
- 1/2 pound butter beans (lima beans)
- 3 to 4 thyme sprigs
- 1 quart water or vegetable stock
- 1 pound okra, cut into 1/2-inch pieces
- Salt

Heat the oil in a stockpot or large saucepan over medium-high heat.

Add the tomatoes, onion, garlic, hot pepper, bay leaf, benne seeds, butter beans, and thyme. Sauté over medium heat for 5 to 7 minutes.

Add the water and cook over medium heat for 20 minutes.

Add the okra to the pot and cook for 10 to 15 minutes more, until the okra is tender.

Add salt to taste and additional water if needed to maintain a stew-like consistency.

Serve hot.