

Betty's Leapin' Lima Bean Casserole Recipe



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In this video, Betty demonstrates how to make her luscious Leapin' Lima Bean Casserole. This is a great-tasting casserole, and will perhaps get some of your non-vegetable-eating kids (even big kids) to try some healthy lima beans!

Ingredients:

(2) 10 to 12 oz.

packages frozen lima beans (I used baby limas, which are more tender and take less cooking time than other types of green limas.)

1 stick butter or margarine, melted

1 medium onion, chopped

10.75 oz. can condensed cream of mushroom soup

½ green bell pepper, chopped

1 cup shred-ded sharp cheddar cheese

Ritz cracker crumbs (approximately 1 inner pack from a box of Ritz crackers, crushed into crumbs)

cooking oil spray

Cook the 2 pack-ages of lima beans according to package directions,

but do not overcook. (Fordhook lima beans will take longer than baby lima beans.)

Drain lima beans. In a large mixing bowl, combine the 2 packages of cooked lima beans with 1 stick melted butter, 1 medium chopped onion, 1 cup shredded cheese, ½ chopped green pepper, and 1 can of cream of mushroom soup. Stir to mix well. Pour mixture into a 13-inch by 9-inch by 2-inch baking dish that has been sprayed with cooking oil spray. Sprinkle Ritz cracker crumbs evenly over the top. Bake at 350 degrees about 20 minutes, or until bubbly and browned on top. Do not overcook. This is a great accompaniment to almost any entrée; also, it's a great pot luck dish!