



Baked Greek Gigante Beans

Serves 4-6

Ingredients

- 8 ounces dried, large lima beans
- ¼ cup extra virgin olive oil
- ½ of a large brown skinned onion diced ¼ inch
- 1 large peeled carrot diced ¼ inch
- 4 Campari tomatoes diced ½ inch (no need to seed or skin the tomatoes)
- About 1 ½ tsp sea salt and ½ tsp fresh ground black pepper
- Juice of half a lemon
- 2-3 Tbsp chopped fresh parsley
- 1 tsp dried oregano
- 1 tsp honey
- ¼ tsp ground cinnamon
- 1 pinch of ground cloves
- Crumbled feta
- High quality olive oil

Instructions

Soak the beans overnight - covered by about three inches of water - in a large enough pot to hold the final dish, hopefully one that is stovetop and oven safe. Mine was 3-4 quarts. The next morning discard any of the papery membrany outsides that float to the top then drain and rinse the beans with cold water. Cover the drained beans with cold water two inches above the surface of the beans. Bring to a boil, turn down the heat so it is barely simmering, uncovered. Continue to cook without covering the pot for 30-40 minutes until the beans are soft but not overcooked. Reserve ¾ of a cup of liquid in which you cooked the beans. Drain the beans and set aside while you continue in this same pot. Wash and dry the pot.

Preheat the oven to 325 degrees with the rack in the center of the oven.

Heat the same (now clean) 3-quart pot (as long as it's oven safe) and then add the olive oil. Add the onion and carrot and slowly sauté for five minutes. Add the diced tomato and cook slowly for another five minutes. Add in the drained beans along with the reserved bean liquid. Add the lemon juice, parsley, oregano, honey, cinnamon and ground cloves.

Stir to mix everything together. Place the pot without a lid into the preheated oven for 75 minutes. The top will form a "skin" and you will notice some bubbling as it thickens. Remove

from the oven and stir after 15 minutes, correct the salt and pepper if needed. Serve warm in a sauce dish topped with feta cheese and good olive oil.