



# FRONTIER

WEST TOWN ★ CHICAGO

Recipe by Chef Brian Jupiter of Ina Mae Tavern & Packaged Goods and Frontier

## Lima Beans

(Serves 4 people)

### Ingredients:

5 cups Lima Beans  
1 3/4 cup Onion, diced  
1 1/2 cup Celery, diced  
1 3/4 Bell Pepper, diced  
2 Bay Leaves  
1/3 cup Brown Sugar  
0.5 tablespoon Garlic, minced  
1 cup BBQ Sauce  
1/2 cup Dijon  
1 tablespoon Salt  
1/2 tablespoon Pepper  
3 tablespoon Olive Oil  
1 cup Water

### Steps:

1. Saute Vegetables (onion, celery, bell pepper) in olive oil until onion is translucent and celery and peppers have softened
2. Add Lima Beans and all remaining ingredients; simmer for 25-30 minutes.