



## Lima Bean Stew



This flavorful Peruvian dish is an interesting spin on chili, featuring lima beans in place of the usual kidney or pinto. This recipe comes to us from our friends at [Tomato Wellness](#) and was developed by Manuel Villacorta, MS, RD.

### Ingredients: (serves 5)

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, sliced
- 2 tablespoons mild chili paste\*
- 1/2 teaspoon smoked paprika
- 1 cup water
- 1 cup canned tomato sauce
- 2 jars (12 ounces each) lima beans (or 3 cups frozen)
- Salt and pepper
- 1/2 cup chopped parsley

\*Found in the international foods aisle. Look for aji panca paste for an authentic Peruvian flavor

### Instructions:

**Adult:** Heat the oil in a large saucepan over medium heat. When the oil is hot, add the onion and garlic. Sauté until soft and fragrant.

**Together:** Stir in the chili paste and paprika and cook for another minute.

**Together:** Add the water, tomato sauce, and lima beans to the pan and cook, uncovered, over low heat, making sure to stir the pot every few minutes.

**Together:** Season with salt and pepper to taste.

**Kid:** Toss with the fresh parsley before serving.

# Food For Thought!



Exploring traditional recipes from all around the world is a great way to learn about a healthy diet. This Peruvian dish features lima beans, a fiber-rich type of bean named after the capital of Peru, Lima. Ingredients like tomatoes, garlic, paprika, parsley and chili paste contribute antioxidants and other nutrients to the dish, which are important in preventing disease.

## Cooking Tip of the Week

Garlic can burn quickly, so it's best to cook the onions first, then add the garlic to the pan and cook for 1-2 minutes more until the garlic begins to turn golden.

## Conversation Starter

Which culture has the most delicious food in your opinion?  
Which new culture's food would you like to try?



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