

Old-Fashioned Green Beans

These are the smoky, sweet green beans you'll get when you order them in small-town diners and roadside cafes. They're made the good old-fashioned way with the magical elixir of bacon, brown sugar, and lard.

SERVES 8

- 1 tablespoon lard or butter
- 12 slices bacon, cut into ½-inch pieces
- ¼ cup packed dark brown sugar
- 1½ cups water
- 2 pounds fresh green beans, trimmed and broken into 2-inch pieces

Heat lard or butter in a large skillet over medium heat; add bacon and cook, stirring frequently, for 5 to 7 minutes, until browned.

Add brown sugar and water, stirring to mix well. Bring mixture to a boil. Add beans and reduce heat to low. Cover and simmer for 50 to 60 minutes, until beans are soft and all the liquid has been absorbed.



OLD-FASHIONED
GREEN BEANS
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Mamaw's Baked Lima Beans

The words *lima* beans usually elicit scrunched-up noses and downturned lips, but these slow-cooked, melt-in-your-mouth, buttery soft beans with pork are a bona fide comfort food for country folks, perfect for Sunday supper. Trust us.

SERVES 4

- 1 cup dry baby lima beans
- 6 cups water
- ½ cup diced salt pork or bacon
- ½ cup thinly sliced onion
- 1 cup diced carrots
- ¼ teaspoon dry mustard
- Black pepper and dried red pepper flakes
- 2 cups boiling water
- 2 tablespoons butter

Rinse the beans. Cover with the water in a large Dutch oven or heavy kettle. Over medium-high heat, bring to boiling and boil for 3 minutes.

Turn off the heat; cover the pot and let stand for about 1 hour. Drain the beans and discard the water.

Heat oven to 375°F.

In a heavy skillet, cook the salt pork or bacon over medium heat until browned. Add the onions and carrots; sauté until softened. Add the mixture to the beans and mix well. Stir in the mustard and season with peppers.

Turn the mixture into a shallow baking pan. Stir in boiling water and dot with butter. Cover and bake for about 3 hours until beans are buttery soft.