

Bean Purée

Ingredients:

- 1 cup dried large lima beans, Great Northern beans or pinto beans
- 2 1/2 cups water
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Sort and soak beans. In a medium saucepan, combine drained soaked beans, 2 1/2 cups water, salt and oil. Bring to a boil; reduce heat. Cover and simmer until beans are tender, 1 to 1 1/2 hours. Drain beans, reserving cooking liquid. Put 1 to 2 cups beans in blender with 1/4 cup to 1/2 cup reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir puree up from bottom. Bean mixture should circulate slowly.