

Lima Bean Side Dish

Submitted by Linda Lopos

Ingredients:

- ¼ cup canola oil
- 1 ½ cup chopped celery
- 1 large sliced Vidalia onion
- 1 2lb. Pkg. frozen limas
- 1 14 oz. can low sodium vegetable broth
- Season to taste with salt (I use Lowry's), pepper, paprika, cayenne pepper

Preparation:

In a large pot (e.g. Dutch oven), sauté celery and onions in oil. Add limas, canned broth, and seasonings. Stir to incorporate vegetables and seasonings. Bring to a boil. Then reduce heat to a simmer, cover and cook 45 min. to 1 hour, stirring occasionally.

Fasting is the champion of every virtue, the beginning of the struggle, the crown of the abstinent, the beauty of virginity and sanctity, the resplendence of chastity, the commencement of the path of Christianity, the mother of prayer, the well-spring of sobriety and prudence, the teacher of stillness, and the precursor of all good works. Just as the enjoyment of light is coupled with healthy eyes, so desire for prayer accompanies fasting that is practiced with discernment. The Ascetical Homilies of St. Isaac the Syrian