

## Fiona's Buttery Beans

### Ingredients

- 1/4 cup oil
- 1 large yellow onion, chopped
- 5 cloves garlic, minced
- 1 can diced tomatoes (28 oz), with liquid
- 2 cans butter beans (or large lima) (@15.5 oz), drained & rinsed
- 2 tsp dried parsley
- salt & pepper

### What You Do

- 1.** In a medium skillet over medium heat, add the onion. Cover and cook until softened (about 5 minutes). Add the garlic; cook & stir 1 minute.
- 2.** Add the tomatoes, salt & pepper, and parsley to crock pot. Stir to combine. Transfer the skillet mixture to a 3.5-4 qt crock pot. Stir well. Add the rinsed beans and stir gently, so as not to break the beans.
- 3.** Cover and cook on Low for 4 to 6 hours. Serves 4 to 6. If you have a big crockpot and want to freeze your leftovers, double this recipe.
- 4.** ENJOY!