

# Pallares Peruanos (Peruvian Lima Beans)

## Featuring Kombu

The ancestral lima bean is a favorite amongst Peruvians. It is served up in home kitchens and restaurants all over the country, accompanied with a side of rice and a red onion, cilantro, and lime salad. Although not used in the traditional preparation of Pallares, the sea vegetable kombu adds a subtle umami flavor and helps aid in tenderizing the beans.

### Ingredients:

1/2 pound dried lima beans  
2 tablespoons olive oil  
1/2 medium red onion, finely diced  
1 stalk celery, finely diced  
3 garlic cloves, peeled, minced  
1 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1/4 teaspoon ground turmeric  
2 large tomatoes, finely diced (or a 14-ounce can diced tomatoes, drained)  
1 teaspoon salt, divided  
1 (1 x 4-inch) piece kombu  
3 cups warm water  
1/4 cup chopped cilantro

### Instructions:

- 1 Place lima beans in a medium pot, cover with water, and soak overnight. Then rinse and drain beans.
- 2 In a medium pot, make the adereso (sauteed vegetable base). Add olive oil to the pot and sauté onions over medium heat for about 3 minutes until browned. Add celery and sauté for another 2 minutes until tender. Add minced garlic and sauté for another minute.
- 3 Add cumin, oregano, and turmeric to the pot and stir until well combined.
- 4 Add diced tomatoes and 1/2 teaspoon of the salt and sauté for another minute.
- 5 Add lima beans to the adereso and mix to combine. Add kombu and cover with 3 cups of warm water.
- 6 Bring mixture to a boil, cover the pot with a lid, and simmer on low for about 1 hour, until beans are tender. Taste and add additional 1/2 teaspoon of salt, as needed.
- 7 Garnish with cilantro and serve.

**Makes 5 servings**

**Prep Time:** 15 min.

**Cooking Time:** 65 min.

**Total Time:** 80 min. (not including soaking beans)

### Recipe Author

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### Notes:

- 1 Serve this dish with cooked brown rice and a traditional Peruvian Salsa Criolla, which is made by thinly slicing the other half of the red onion, and mixing in 1/4 cup chopped cilantro, juice from 1/2 lime, and a dash of salt.
- 2 Beans should be cooked until tender while still remaining firm.

### Nutritional information (per serving):

224 calories, 6 g fat, 1 g saturated fat, 522 mg sodium, 34 g carbohydrates, 0 mg cholesterol, 6 g total sugar, 10 g fiber, 10 g protein