

## Butter Beans Recipe: A Creamy and Hearty Southern Side Dish

There are several reasons why this butter beans recipe stands out among other side dishes:



**TIME**  
**10 min**

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### INGREDIENTS

- 2 cups butter beans (fresh or frozen)
- 1 cup heavy cream
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon smoked paprika (optional)
- Fresh parsley for garnish (optional)

### DIRECTIONS

1. Prepare the : Beans: If using fresh butter beans, shell them and rinse under cold water. If using frozen, simply measure out the required amount and set aside.
2. SautØ the Aromatics: In a large skillet, melt the butter over medium heat. Add the chopped onion and sautØ until translucent, about 5 minutes. Stir in the minced garlic and cook for an additional minute until fragrant.
3. Add the : Beans: Add the butter beans to the skillet, stirring to combine with the onion and garlic mixture. Cook for about 2-3 minutes, allowing the beans to absorb the flavors.
4. Incorporate the : Cream: Pour in the heavy cream, salt, black pepper, and smoked paprika (if using). Stir well to combine all ingredients. Bring the mixture to a gentle simmer.
5. Simmer and : Thicken: Reduce the heat to low and let the mixture simmer for about 20 minutes, stirring occasionally. The cream will thicken, coating the beans in a luscious sauce.
6. Garnish and : Serve: Once the beans are tender and the sauce has thickened, remove from heat. Garnish with fresh parsley if desired, and serve warm.

### TIPS FOR SUCCESS

**Experiment with Flavors:** Feel free to add other spices or herbs like thyme or rosemary for an extra layer of flavor.

**Make it a Meal:** Add cooked bacon or ham for a heartier dish that can stand alone as a main course.

Leftovers: This dish reheats beautifully, so make extra for easy meals throughout the week.

Vegan Option: Substitute heavy cream with coconut cream and use olive oil instead of butter for a vegan-friendly version.

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Original recipe: <https://chefmaniac.com/butter-beans-recipe-a-creamy-and-hearty-southern-side-dish/>