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## Baked Beans

### Ingredients:

- 2 cups dry navy, (pea) beans, rinsed
- 7 cups hot water (soak)
- 6 cups hot water
- 1 teaspoon salt
- 2 Tablespoons butter
- 1 small onion
- 1/3 cup brown sugar
- 2 cups hot water (approximately)

*Makes 8 servings - 14% calories from fat*

### Instructions:

To prepare beans for Quick Cook method using first 2 ingredients:

1. Rinse and sort beans in a large pot. Add 7 cups hot water to 2 cups of beans. Bring to a rapid boil; boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain soak water and rinse beans.
2. In the same pot with drained and rinsed beans, add additional 6 cups water; salt, and butter. Cook slowly for one hour.
3. Chop onion and mix with the sugars. Stir into beans.
4. Put beans in baking dish adding enough hot water to cover beans. Cover dish and bake at 350° F for 1½ to 2 hours.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 230	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
Dietary Fiber 13g	<b>52%</b>
Sugars 6g	
<b>Protein</b> 12g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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