

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

Instructions

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

1. Rinse and sort beans into 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 over low heat for one hour.
3. Chop onion and mix with the sugar. 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

Calories 230 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 320mg **13%**

Total Carbohydrate 40g **13%**

Dietary Fiber 13g **52%**

Sugars 6g

Protein 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

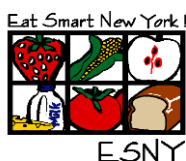
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

14% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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