

Baked Beans II

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 1/2 cups dry beans
1 teaspoon dry mustard
1/2 cup brown sugar
1 teaspoon salt
2 tablespoons molasses
1 small onion, chopped
1 pound smoked sausage
(or other cured meat), cut
into small pieces
tomato juice*

Preheat the oven to 300 degrees.

In a pot in water, cook the beans until the skins break. Drain. Place the beans into a bean pot or casserole.

Add the onion and sausage.

In a bowl, mix the sugar, molasses, mustard and salt. Add to the beans.

Add enough tomato juice to cover the beans in the pot.

Bake for three hours.

Per Serving (excluding unknown items): 430 Calories; 1g Fat (1.3% calories from fat); 2g Protein; 109g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2179mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 6 1/2 Other Carbohydrates.