

Crazy Baked Beans

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 8

*2 medium (3/4 cup) apples,
pared, cored and sliced
1 onion, chopped
1 can (31 ounce) pork and
beans in tomato sauce
6 ounces smoked sausage
links, thinly sliced
3/4 cup raisins
4 tablespoons catsup
3 teaspoons prepared
mustard
1/2 teaspoon ground
cinnamon
dash cayenne*

Preheat the oven to 375 degrees.

In a small saucepan, cook the apples and onion in a small amount of boiling water for about 5 minutes or until crisp-tender. Drain.

In a large mixing bowl, stir together the cooked apples and onion, then the beans, sausage, raisins, catsup, mustard, cinnamon and cayenne.

Turn the bean mixture into a 1-1/2 quart bean pot or casserole.

Bake, uncovered, for one to one and one-quarter hours, stirring once.

Serve with corn meal muffins, if desired.

Per Serving (excluding unknown items): 147 Calories; 7g Fat (39.3% calories from fat); 4g Protein; 20g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 315mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 0 Other Carbohydrates.