

Side Dish

Maple-Baked Beans

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 8

Alternative to soaking beans overnight. Bring beans to a boil; cover and simmer 2 minutes. Let stand one hour.

1 1/2 pounds dry navy beans

12 cups water

4 ounces salt pork, cubed

1/2 cup onion, chopped

1/2 cup packed brown sugar

1/2 cup maple-flavored syrup

1 teaspoon salt

1 teaspoon dry mustard

Preheat oven to 300 degrees.

Rinse beans; place in kettle. Add water; soak overnight.

Bring water and beans to boiling; simmer until tender, about 40 minutes. Drain; reserve liquid.

In a 3-quart casserole, combine beans, pork, onion, sugar, syrup, salt, mustard and 1 1/3 cups of the reserved liquid.

Bake, covered, until beans are done, 3 1/2 to 4 hours. stir occasionally; add more bean liquid, if needed.

Per Serving (excluding unknown items): 162 Calories; 11g Fat (63.0% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 485mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 1 Other Carbohydrates.