

Side Dish

Overnight Baked Beans

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Servings: 12

Preparation Time: 10 minutes

Start to Finish Time: 12 hours 10 minutes

Cook time: 12 hours

1 pound navy beans

1 medium onion, chopped

1/2 cup firmly packed dark brown sugar

1/4 cup molasses

1/4 cup cider vinegar

2 teaspoons dry mustard

1/4 teaspoon black pepper

5 cups water

1/2 teaspoon Kosher salt

In a five or six quart slow cooker, combine the beans, onion, brown sugar, molasses, vinegar, mustard, pepper and water.

Cook, covered, on LOW until the beans are tender and the liquid is syrupy, about 12 hours. (The onions will rise to the top and look very dark.)

Before serving, stir in the Koaher salt.

Per Serving (excluding unknown items): 150 Calories; 1g Fat (3.4% calories from fat); 9g Protein; 29g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.