

# Pork and Beans

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

*4 cups beans  
3/4 pound pork, diced  
1 onion, diced  
2 teaspoons salt  
1/2 cup sugar  
1 1/2 cups tomatoes, diced  
2 tablespoons molasses  
(optional)*

Preheat the oven to 350 degrees.

Soak the beans overnight.

Pour off the water. Place the beans in a saucepan, cover with hot water. Cook until they crack.

Pour off the water. Place the beans in a large casserole. Mix in the pork, onion, salt, sugar, tomatoes and molasses, if desired. Add some water, if necessary.

Bake for two hours.

Place the hot mixture in canning jars. Seal hot.

---

Per Serving (excluding unknown items): 4046 Calories; 68g Fat (14.8% calories from fat); 251g Protein; 627g Carbohydrate; 208g Dietary Fiber; 235mg Cholesterol; 4592mg Sodium. Exchanges: 33 1/2 Grain(Starch); 20 Lean Meat; 4 Vegetable; 6 Fat; 6 1/2 Other Carbohydrates.