

Baked Beans

Makes: 6 servings

Ingredients

- 1 1/2 cups** navy, kidney or lima beans (dry, sorted and rinsed)
- 2 cups** water
- 2 cups** apple juice
- 1 teaspoon** salt
- 2 tablespoons** molasses
- 1/2 cup** ketchup
- 2 teaspoons** vinegar
- 1 teaspoon** mustard (dried)

Directions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	0 g	0%
Protein	11 g	
Carbohydrates	45 g	15%
Dietary Fiber	11 g	44%
Saturated Fat	0 g	0%
Sodium	630 mg	26%