



# Better Living for Texans

## Food Stamp Nutrition Education

A joint project of Texas AgriLife Extension Service, Texas Health and Human Services Commission, and USDA Food and Nutrition Service with funding support from USDA's Food Stamp Program

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## Old Fashioned Baked Beans

### Ingredients:

- 1 pound dried great Northern beans
- 1 quart water
- $\frac{1}{2}$  teaspoon salt
- 1 medium onion, chopped
- 2 tablespoons prepared mustard
- 2 tablespoons brown sugar
- 2 tablespoons dark molasses
- $\frac{1}{2}$  pound sliced bacon, cooked and crumbled



### Directions:

Place beans in a dutch oven or kettle; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from heat; cover & let stand for 1 hour.

Drain & rinse beans, discarding liquid. Return beans to pan. Add water & salt; bring to a boil. Reduce heat; cover & simmer for 1 to 1 $\frac{1}{4}$  hours or until beans are tender. Drain, reserving 2 cups cooking liquid.

In a sprayed 13-in. x 9-in. x 2-in. baking dish, combine the beans, onion, mustard, brown sugar, molasses, bacon & 1 cup reserved cooking liquid. Cover & bake at 400 degrees F for 45 minutes or until beans have reached desired thickness, stirring occasionally (add additional reserved cooking liquid if needed).

<http://allrecipes.com/Recipe/Old-Fashioned-Baked-Beans/Detail.aspx>

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Toll-free food stamp hotline: 1-877-556-2200

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