



Recipe Submitted by: SV Rendezvous

Baked Beans

This is a baked bean recipe that needs no additional meat.

Pot Method

- 1 lb navy beans (2-1/2 cups)
- soak 4 to 8 hours
- rinse
- add water, about twice the amount of beans
- bring to boil, simmer 1 hour
 - 15 minutes before completion, add:
 - 1 onion, diced
 - 3 cloves garlic, crushed and chopped
- drain, reserving liquid

Pressure Cooker Method

- 1 lb navy beans (2-1/2 cups)
- soak 4 to 8 hours
- rinse
- add water, about twice the amount of beans
- 1 onion, diced
- 3 cloves garlic, crushed and chopped
- bring pressure cooker to pressure, simmer 20 minutes
- drain, reserving liquid

Combine in an oven safe bowl

- 1/3 cup molasses or 1/3 cup brown sugar
- 1/2 cup ketchup
- 1/4 cup mustard
- 2 Tbsp Worcestershire sauce
- 1 tsp Chilli powder
- 1 tsp cumin
- 1/4 tsp crushed red pepper
- 1/2 tsp ground pepper
- 1 tsp salt
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- Mix everything together with beans in an oven safe bowl.
Add a cup or two of liquid.
Bake covered 1-1/2 hours at 350F (tin foil works as a cover)
- If you don't have an oven, add the above ingredients and a little water and simmer on the stovetop for an hour or two.
- Serve with whole wheat bread and a vegetable. Great for breakfast. One pound of dry beans makes over 3 pounds of cooked beans, or about 8 servings. If you are cooking for one person and do not have refrigeration, you may want to cook half of this amount. One way to preserve beans without refrigeration is to add water and heat them up to a simmering boil twice a day. Unless you repeatedly boil the beans, they will spoil at room temperature.