EASY BAKED BEANS

SERVES 6

Preparation time: 20 minutes
Cook time: 10 minutes

INGREDIENTS

2 15-ounce cans navy or great Northern beans
2 tablespoons vegetable oil
1 medium onion, chopped
½ cup molasses
½ cup ketchup
2 tablespoons honey or sugar
1 tablespoon mustard
1 teaspoon Tabasco sauce (Optional)
¼ teaspoon ground cloves

DIRECTIONS

1. Rinse beans under cold water.
2. In a large saucepan, sauté onions in oil for 5 minutes, or until onions are translucent.
3. Add beans, molasses, ketchup, honey, mustard, Tabasco sauce, and cloves.
4. Bring mixture to a boil, then simmer for 10 minutes, stirring occasionally.

SIMPLY GOOD EATING

Preparation time: 20 minutes
Cook time: 10 minutes
SERVES 6

CALL ANSWERLINE

TO ASK A HOUSEHOLD EXPERT QUESTIONS ABOUT:
• safely cooking, canning and freezing foods
• cleaning stains and mildew from homes and clothes
• floods and other household issues

IN MINNESOTA:
1-800-854-1678
Call 9AM-12PM and 1-4PM, Monday-Friday or Email ANSWER@IASTATE.EDU

www.extension.umn.edu/Nutrition

© 2011 Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-8260. Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material.