

# Baked Beans

Double or triple this easy recipe to feed a crowd. It's perfect for a picnic or potluck!

Makes: 6 servings  
 Prep Time: 2.5-3 hours  
 Cook Time: 3-4 hours

Source: [myplate.gov](http://myplate.gov) recipe - baked beans

## 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.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6th recipe

Nutrients	Amount
Calories:	226
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	579 mg
Total Carbohydrates:	45 g
Dietary Fiber:	8 g
Total Sugars:	18 g
Protein	10 g

## Utensils Needed

- Baking Dish
- Measuring Cups
- Stove
- Pot

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$8.27

Average cost/serving: \$1.38

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Dried Kidney Beans (16 oz)



Add 1 to Cart  
Apple Juice (64 oz)



Add 1 to Cart  
Molasses



Add 1 to cart  
Stone Ground Mustard (12 oz)



Add 1 to Cart  
Ketchup (24 oz)



Add 1 to Cart  
White Vinegar (32 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Make sure the apple juice you purchase is 100% apple juice.
- If you use canned beans, make sure you drain and rinse them well before adding them to the apple juice and water.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Zesty Herb Salad Dressing
  - Bean and Veggie Soup
  - Bell Pepper Nachos