

Bean Bread

Flora Townsend

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 3 loaves

*1 cup raisins
1 cup boiling water
1 cup nuts
1 teaspoon vanilla
3 eggs
2 cups sugar
1 cup oil
1 can (16 ounce) pork and
beans, pork removed,
beans mashed
3 cups flour
1/2 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon baking soda*

In a saucepan, mix together the raisins and boiling water. Stir in the nuts and vanilla. Set aside.

In a bowl, cream together the eggs, sugar, oil and the pork and beans with the pork removed and the beans mashed. Add to the raisin mixture.

In a bowl, sift together the flour, baking powder, cinnamon and baking soda. Add to the creamed mixture.

Pour into three 7x5-inch loaf pans.

Bake at 325 degrees for 50 to 60 minutes.

Per Serving (excluding unknown items): 6661 Calories; 321g Fat (42.3% calories from fat); 99g Protein; 886g Carbohydrate; 46g Dietary Fiber; 654mg Cholesterol; 2812mg Sodium. Exchanges: 24 Grain(Starch); 5 Lean Meat; 7 1/2 Fruit; 59 1/2 Fat; 27 Other Carbohydrates.