
Baked Beans and Beef

Marianne Holloway - Hudson's Beaubien

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 pounds dry Great Northern or navy beans

1 pound bacon, cut into small pieces

1 1/4 cups packed brown sugar

1/3 cup molasses

1 tablespoon prepared mustard

1 tablespoon salt

1 medium onion, chopped

Soak the beans all day or overnight in a large bean pot or pan. (Use a large enough container to allow for expansion when the beans bake.) Pour off the water.

When ready to prepare, add the bacon, sugar, molasses, mustard, salt and onion. Add enough water to cover the beans by 1/3 to 1/2 inch.

Bake in the oven at 325 to 350 degrees for at least six to eight hours.

Check often; add more water if necessary. Do not stir or the beans will become too mushy.

Alternatively, The beans can be cooked in a slow cooker on LOW all day or overnight.

Side Dishes

Per Serving (excluding unknown items): 3990 Calories; 224g Fat (50.5% calories from fat); 140g Protein; 355g Carbohydrate; 2g Dietary Fiber; 386mg Cholesterol; 13979mg Sodium. Exchanges: 18 1/2 Lean Meat; 1 1/2 Vegetable; 32 1/2 Fat; 23 Other Carbohydrates.