

# Baked Beans

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*4 cups beans  
1 teaspoon mustard  
1/4 pound butter  
2 teaspoons molasses  
salt  
pepper  
1 teaspoon baking soda  
1 can (14.5 ounce) tomato  
soup  
1 cup water*

Preheat the oven to 300 degrees.

Soak the beans overnight.

In the morning, boil the beans in water until the skins break when you blow on them.

Place the beans into a bean pot with the butter, molasses, mustard, salt and pepper. Add the water before placing the crock in the oven.

Bake for three to four hours.

Add the tomato mixture. Stir.

Serve.

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Per Serving (excluding unknown items): 3726 Calories; 105g Fat (24.7% calories from fat); 189g Protein; 531g Carbohydrate; 204g Dietary Fiber; 249mg Cholesterol; 3083mg Sodium. Exchanges: 34 Grain(Starch); 11 1/2 Lean Meat; 18 1/2 Fat; 1/2 Other Carbohydrates.