

## **Molasses Baked Beans**

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**Servings: 10**

**Preparation Time: 10 minutes**

**Start to Finish Time: 7 hours 5 minutes**

**Cook time: 15 minutes**

**1 pound navy beans, picked over, rinsed and soaked overnight**

**1/2 teaspoon baking soda**

**4 slices bacon, finely chopped**

**1 medium onion, finely chopped**

**1/4 cup molasses**

**1/4 cup packed dark-brown sugar**

**2 cups boiling water**

**2 teaspoons dry mustard, divided**

**1 teaspoon cider vinegar**

**1/2 teaspoon salt**

**1/2 teaspoon black pepper**

Drain the beans and place in a large saucepan. Cover with water by two inches and stir in the baking soda. Bring to a boil over medium-high heat. Boil for 15 minutes, skimming off any foam that accumulates.

Heat a 10-inch nonstick skillet over medium-high heat. Add bacon to the skillet and cook for 4 minutes, stirring occasionally. Add onion to the pan. Cook for 5 additional minutes, stirring almost constantly.

Drain the beans and transfer to the slow cooker. Top with the bacon mixture. Stir in the molasses, sugar, boiling water and one teaspoon of the dry mustard.

Cover and cook on HIGH for 5 hours or LOW for 6 1/2 hours.

Remove the cover.

Stir in the remaining mustard, cider vinegar, salt and pepper.

Serve immediately.

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Per Serving (excluding unknown items): 194 Calories; 2g Fat (8.8% calories from fat); 11g Protein; 34g Carbohydrate; 11g Dietary Fiber; 2mg Cholesterol; 221mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.