



Baked Beans

Ingredients

2 cups dry navy, (pea) beans

7 cups water

1 teaspoon salt

2 Tablespoons butter

1 small onion

¼ cup sugar

¼ cup brown sugar

Makes 8 servings

Instructions

1. In a large kettle, rinse and drain beans. Add the 7 cups water and boil for two minutes. Remove from heat; cover and let stand for one hour.
2. Return to heat, add the salt and butter and cook slowly for one hour.
3. Chop onion and mix with the sugars. Stir into beans.
4. Put beans in baking dish and add enough hot water to cover beans. Cover dish and bake at 350° F for 1½ to 2 hours.

Nutrition Facts

Serving Size 1/2	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	13%
Total Carbohydrate 41g	14%
Dietary Fiber 13g	52%
Sugars 10g	
Protein 10g	
Vitamin A 2%	• Vitamin C 4%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

14% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

January 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

