

Vegetarian Boston Baked Beans

Ingredients

2 cups navy beans
2 quarts cold water
6 cups cold water
1 cup tomato sauce
1/4 cup molasses
1 Tablespoon mustard
1 Tablespoon finely chopped onion
1/4 teaspoon sea salt
Dash of black pepper

Method

Sort beans and wash well. Soak beans overnight in 2 quarts water. Discard water and cover with 6 cups fresh water and remaining ingredients. Pour into lightly oiled two quart covered casserole dish. Bake all day in low oven, about 275 degrees. Serves 8.

Crock Pot instructions: Place soaked beans in large crock pot and add remaining ingredients. Bake on High for 4 hours until mixture begins to boil. Lower heat to Low and cook until beans are tender, about 6 hours.

Note

Calories: 213, total fat: 1g, cholesterol: 0mg, dietary fiber: 13g, protein: 12g, potassium: 25 percent DV, iron: 23 percent, zinc: 10 percent