



[ThompsonsBeans.com](http://ThompsonsBeans.com)

## Old-Fashioned Baked Beans

**Serves 8**

*Our Thompson's classic recipe is back by popular demand!*

- 2 cups (454 g) Thompson's White Pea Beans
- 5 cups (1.18 L) cold water
- 1 medium onion, sliced
- 1½ tsp. (7 ml) salt
- 2 tsp. (10 ml) cider vinegar
- 1 tbsp. (15 ml) brown sugar
- ½ tsp. (2vml) prepared mustard
- ¼ cup (60 ml) Crosby's/Grandma Fancy Molasses
- ½ cup (125 ml) tomato ketchup (no salt added ketchup)
- Pinch black pepper
- ¼ lb. (100 g) lean pork or low salt bacon, sliced

### **Directons:**

Sort and rinse beans. SOAK BEANS OVERNIGHT in cold water. Drain. Add 5 cups cold water, cover, heat to boiling, then simmer 30 minutes or until nearly tender. Drain. Place onion slices on bottom of 6-cup flameproof casserole dish. Add remaining 7 ingredients in with the beans, stirring gently to combine, then pour entire mixture into casserole dish. Add enough water to cover mixture, and place sliced lean pork on top. Cover with lid and bake in oven at 250F for 7 hours. When beans are tender, remove 1 cup of beans, mash, then stir back into pot carefully. Cover and continue to bake. Add water as needed to keep beans covered. One hour before serving, remove cover to darken up the beans. Salt to taste.

### **Nutritional Facts per serving**

Energy 354 kcal, Fat 13 g, Carbohydrates 47 g, Protein 13 g, Fibre 9.5 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.