

BAKED BEANS

1 pound dry navy beans
½ c brown sugar
1 tsp dry mustard
¼ c molasses
½ cup chopped onion
1 smoked ham hock
1/3 c ketchup

Rinse beans; add to 2 quarts cold water. Bring to boiling; simmer 2 minutes. Remove from heat; cover. Let stand 1 hour.

OR

Add beans to water; soak overnight (this is the method I use)

Bring beans & water to boiling. Reduce heat; simmer, covered until beans are tender (about ½ hour). Drain and reserve liquid.

Combine sugar, molasses, mustard, 1/8 tsp pepper. Stir in ½ cup cooking liquid.

Put this mixture, beans, 2 cups reserved bean liquid, onion and ham hock in a 2 quart casserole or bean pot, stir to blend.

Cover, bake at 300° for 3 ½ to 4 hours. Add more bean liquid if needed (I usually do add more).

If you prefer a New England style baked bean dish, increase molasses to ½ cup and decrease brown sugar to ¼ cup.