

# Homemade Baked Beans

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*Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet*

RECIPE TYPE: Main Dish

SERVES: 6

PREP TIME: 10 minutes

TOTAL COOK TIME: 1 hour 20 minutes



## INGREDIENTS:

- 1 pound (2 cups) dry beans (pinto, navy, etc.), soaked
- 3 cups (24-oz.) canned tomato sauce
- 1/2 cup packed brown sugar
- 1/3 cup BBQ sauce
- 2 tablespoons yellow mustard
- 1½ teaspoons dried minced onion
- 1½ cups smoked turkey or cooked ham, diced (optional)
- Salt to taste

## DIRECTIONS:

1. After soaking, drain and rinse beans. Place beans in a large pot and cover with water. Cover and simmer for 45 to 60 minutes, or until beans are tender. Drain and rinse beans.
2. Combine the cooked beans with the remaining ingredients, and simmer for at least 20 minutes to meld the flavors together.

### Traditional Soak

Add 1 pound of dry beans to 6 cups of water in a large dish. Let beans soak overnight.

OR

### Quick Soak

Combine 1 pound of dry beans with 6 cups of water in a large pot. Bring water to a boil. Turn off heat, cover the pot, and let beans soak for 1 hour.



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