

Great Northern Breakfast

GREAT NORTHERN BREAKFAST

3 c. dry white great northern beans
6 c. water
1 onion, chopped
2 t. salt

1 c. soy milk
1 T. unbleached flour

Start in the morning the day before you want to serve this dish. In the morning wash beans, cover with water and soak. In the evening drain beans, cover with boiling water and soak 1 hr. Drain. Place soaked beans in a crock pot with the 6 c. of water and the chopped onion. Cook on high overnight. In the morning stir in the salt. Mix the flour into the soy milk and stir this into the beans. When it thickens serve beans over hot toast spread with Earth Balance Buttery Spread. If desired serve with chopped tomato and avocado. A really delicious, hearty breakfast. Of course, you could serve it for a nice warm lunch dish as well.