

From the Kitchens' Of



Baked Beans with Fruit

Serves 6

Cooking Time Overnight Soak plus 3 hours

Ingredients

2 cups dried navy beans	2 apples, sliced
1 teaspoon salt	1 can sliced peaches
1 1/2 teaspoons dry mustard	1/2 cup dried apricots
1 onion, chopped fine	1/4 cup brown rice syrup
1/2 cup chutney	1/4 cup molasses
	ground pepper, to taste

Directions

Soak washed beans overnight in 1 1/2 quarts water.

Drain the beans and combine with 2 quarts water and salt in a stockpot. Bring
(see reverse)

For More Great Recipes or To Share Some of Your Own
Visit Feeding Time - www.kindplanet.org/food.html

Baked Beans with Fruit

to a boil, reduce the heat, cover, and simmer 1 hour. This should make beans tender. Drain, reserving 1 1/2 cups of the cooking liquid.

In small bowl, dissolve the mustard in bean liquid and add onion, chutney. Stir into beans.

Pour half of the bean mixture into a 2 or 3 quart lidded casserole dish. Top with half of the sliced apples, peaches, and apricots, then pour in the rest of the bean mixture and top with the rest of the fruit. Combine the rice syrup and the molasses and pour evenly over the top.

Cover and bake in oven preheated to 325 for 1 hour, then remove the cover and bake for another 30 minutes. Serve steaming hot.