

Serves: _____



Recipe from the kitchen of: Joyce Freshour
Here's what's cookin' Baked Beans

Soak navy beans overnight. Cook till
tender. Add: 1 T. vinegar

Bake @ 200°

1/2 teas dry mustard

Sorghum

White sugar

Small amt catsoup

Apron Strings 2 - 1st 12oz cans beans

13 oz can crushed pineapple

2 T. molasses

2 T. vinegar

2 T catsoup

Drain syrup from pineapple + mix syrup, vinegar
over

of molasses. Add catsup & simmer 5 min. Combine
beans & pineapple in this mixture. Spoon into
bean pot or casserole. Bake @ 375°, hour until
heated & bubbly.