

Recipe Corner



Baked Beans

Makes 8 Servings

2 1/2 cups (500 g) cooked **great northern or navy beans**

1/4 – 1/2 lb (125–250 g) bacon

2 tsp (10 mL) minced garlic
(or 2 cloves)

1 cup (250 mL) chopped onion

1/4 cup (50 mL) brown sugar

1/2 tsp (2 mL) dry mustard

1 tsp (5 mL) salt

1/4 cup (50 mL) ketchup

1/4 cup (50 mL) molasses

1/4 cup (50 mL) maple
flavoured syrup

1 1/2 cups (375 mL) water



Place bacon, onions and garlic in bottom of 2-quart casserole dish and add drained cooked beans. In medium bowl, stir together brown sugar, salt and dry mustard. Then add ketchup, molasses, syrup and water, and mix together.

Pour over beans. Cover and bake at 300°F (150°C) for 4 hours, stirring occasionally. Remove cover for the last hour to allow beans to brown.



CORRECTION –
Recipe printed in
Pulse Beat was
incorrect

BEST Chocolate Brownies

Makes 16 Servings

→ **2 squares** Baker's unsweetened chocolate

1/2 cup (125 mL) butter

1 cup (250 mL) sugar

1/2 cup (125 mL) **BEST whole pinto bean flour**

2 eggs

1 tsp (5 mL) vanilla

Pinch of salt

Melt chocolate and butter on low heat. Remove from heat and add sugar and flour. Beat each egg before adding to mixture. Add vanilla and pinch of salt. Pour into greased 8" x 8" pan. Bake for 25 minutes at 375°F (190°C). This recipe can be doubled, tripled and quadrupled with no ill effects.