

Navy Beans

Navy beans is a broad term which includes great northern beans and small white beans. They are both popular for home-baked beans, soups and casseroles.

Apple Pie Filling Baked Beans

2 16 oz. cans pork and beans or equivalent of cooked dry navy beans
1/2 cup Heinz hot ketchup 1/2 chopped green pepper
1 tablespoon ground sausage 1/2 cup brown sugar
1 can apple pie filling 2 tablespoons worcester-
1 medium onion, chopped shire sauce
1/2 green pepper, chopped 2 tablespoons mustard

Brown sausage, onion and green pepper. Mix in remaining ingredients. Bake at 325 degrees for 1 hour.

-Betty Sayers
Benning Hills Ward

Cheesy Apple-Bean Bake

To your favorite baked bean recipe add 2 apples, chopped; bake as directed. Just before serving, stir in 1/2 cup cubed cheddar cheese.

-Janice Mann
Benning Hills Ward

Dutch Vegetable Cheese Soup

1 cup dry white beans (navy, northern or lima)
water
1/2 cup butter or margarine
4 leeks, sliced
4 stalks celery, sliced
2 medium onions, sliced
1/2 lb. (1/2 of small) cabbage shredded
4 cups chicken stock or water
3 tablespoons whipping cream
1 tablespoon chopped fresh parsley
1 1/2 cups shredded cheddar cheese
1/2 to 1 teaspoon salt
1/8 teaspoon freshly ground black pepper

Wash beans, cover with water and soak overnight. Drain. Cover with fresh water and bring to a boil. Reduce heat and simmer 2 to 2 1/2 hours or until tender. Drain and set aside. Melt margarine in large pot. Add leeks, celery, onions and cabbage. Saute for 10 minutes or until vegetables are tender but not browned. Add beans and chicken stock. Simmer 25 minutes. Add parsley. Stir in cream and cheese. Heat through but do not boil. Stir in

salt and pepper. Serves 4. Even better the next day.

-JoAnn McGlamery
Benning Hills Ward

Bean Soup

2 cups white beans 1 large onion
4 cups water salt and pepper
2 cups ham cubes

Wash beans thoroughly. Soak for 24 hours in water. Don't drain water off. Add ham cubes, chopped onion, salt and pepper to taste. Cook on low heat until beans are tender. 6 - 8 servings.

-JaNae Nauman
Auburn Branch

Bean and Bacon Soup

1 lb. dry white beans (cook until tender) or
1 32 oz. can pork and beans
1 large onion, diced
1 1/2 stalk celery, chopped
8 oz. bacon, browned and chopped
2 lbs. carrots, diced (parboiled and reserve liquid)

Combine all of above and add 2 16 oz. cans stewed or chopped tomatoes. Cook until flavors blend. Add salt and pepper to taste.

-Terry Evans
Albany Ward

Grandma's Beans (Danish)

1 cup uncooked white or Northern beans
1 teaspoon prepared mustard
1/2 teaspoon salt
1 small onion, diced
1 tablespoon sugar
pepper to taste
Salt pork, ham hock, or bacon strips

Cook beans in 1 quart water until skins are wrinkled. Pour off water. Rinse 3 times in cold water. Leave in third water. Add seasonings and cook "all day" (at least 6 hours).

-Janice Grover
Auburn Branch

Navy Bean Bundt Cake

1 2/3 cup cooked navy beans
1 cup margarine, softened
1 cup granulated sugar
2/3 cup brown sugar, firmly packed (continued)

1 tablespoon vanilla extract
 2 eggs
 2 cups sifted flour
 1 1/2 teaspoon baking powder
 1 teaspoon baking soda
 2 1/2 teaspoon nutmeg
 2 teaspoon cinnamon
 1/3 cup evaporated milk
 1/3 cup water
 1/2 cup chopped pecans
 1 1/3 cup flaked coconut

Puree beans in blender. Set aside. In large bowl, combine margarine, sugars, and vanilla. Beat until creamy. At high speed, add eggs, one at a time. Stir beans into sugar mixture. In medium bowl, combine flour, baking powder, baking soda, nutmeg and cinnamon. Alternately add dry ingredients with milk and water until blended. Add pecans and coconut; blend. Turn batter into greased and floured bundt pan. Bake in preheated 350 degree oven for 50 0 55 minutes or until toothpick comes out clean.
 -Cheryl Frandsen
 Shenandoah Ward

Good Luck Soup

Wash 1 pint of beans (any variety). Cover with water. Add 1 tablespoon salt and soak overnight. Drain. Place beans in 2 quarts of water. Add ham or ham hocks, 1 large onion cut into lengths and cook slowly for 2 1/2 to 3 hours. Add: 1 large can stewed tomatoes
 1 clove garlic or 2 teaspoons garlic salt
 juice of one lemon or 1 tablespoon lemon juice
 1 tablespoon worcestershire sauce
 salt and pepper to taste
 Simmer 30 - 45 minutes before serving.
 -Linda Elton
 Auburn Branch

JoAnn's Chili

3 lbs ground beef
 2 onions, chopped (big pieces)
 2 packages chile spice (one mild and one hot)
 1 large can tomato sauce
 1 large can whole or stewed tomatoes
 1/2 large can water
 2 cans (32 oz. each) great northern beans, including juice
 OR 3 qts. homecooked beans with liquid

Brown beef and onion together. Drain fat. Mix in

remaining ingredients. Simmer 1 hr. Serve with chopped onion and grated cheese.

-JoAnn McGlamery
 Benning Hills Ward

Basic Baked Beans

2 cups navy beans
 8 cups water
 1/4 cup brown sugar
 1/4 cup catsup
 1 teaspoon mustard
 1 teaspoon salt
 1 onion, minced
 2 slices bacon, optional

Cook beans in water until tender, about 2 hours. Drain liquid from the beans and save the liquid. Combine all ingredients with the beans. Add bean liquid to cover. Add additional liquid during baking if necessary. Bake at 300 degrees for about 4 hours.

-Vienna Norton
 Albany Ward

Baked Beans

2 large cans pork and beans
 1 small bell pepper
 1/4 cup ketchup
 1/2 cup brown sugar
 1/2 teaspoon worcestershire sauce
 2 teaspoons mustard
 1 teaspoon lemon juice

Mix all ingredients and bake about 30 minutes.
 -Sister Hammock
 LaGrange Branch

Microwave Baked Beans

2 tablespoons bacon drippings or salad oil
 1 small onion, diced
 1 13 - 15 oz. can pork and beans, drained
 2 tablespoons brown sugar
 1 tablespoon worcestershire sauce
 2 tablespoons ketchup

Combine bacon drippings and onion in a 1 1/2 qt. casserole. Microwave on high power for 3 minutes. Stir in remaining ingredients. Cover with wax paper. Microwave on high for 5 minutes; then on low power for 10 minutes. Serves 4.

-Susan Harris
 Auburn Branch