

BEYOND HUNGER

THREE BEAN BAKED BEANS

Using three types of beans adds color and flavor to this baked bean dish. Add a can of pork or a package of frozen pulled pork for meaty flavor.

Yield: 10 servings

Serving Size: ¾ cup

Ingredients:

- 1 cup chopped **sweet onion**
- 2 cloves **garlic**, finely chopped
- 2 tablespoon **oil**, any kind
- 1 can (14.5 oz.) **diced tomatoes** (do not drain)
- 8 ounces **tomato sauce**
- ¼ cup firmly packed **brown sugar**
- ¼ cup **molasses**
- 1 tablespoon **yellow mustard**
- ¼ teaspoon **ground black pepper**
- 2 (15 oz.) cans **Great Northern beans**, drained and rinsed
- 1 (15 oz.) can **black beans**, drained and rinsed
- 1 (15 oz.) can **kidney beans**, drained and rinsed
- 1 **bay leaf** (optional)

Instructions:

1. Preheat oven to 350F. Heat oil in a skillet over medium heat.
2. Add onions and cook until tender, about 5 minutes.
3. Add garlic to onions and cook until fragrant, about 30 sec., stirring occasionally.
4. In a 3-quart covered baking dish, mix together the diced tomatoes, tomato sauce, brown sugar, molasses, mustard, and black pepper.
5. Add the beans and bay leaf (if using) to the tomato mixture.
6. Bake, covered, stirring occasionally (about once every 20 min.) for 60-70 min. Remove the cover and bake an additional 15-30 min until sauce is thick. Remove bay leaf and serve.

Recipe courtesy of the Bean Institute (beaninstitute.com)

