

# Paula's Yummy Baked Beans

8–10 small cans pork & beans, drained  
2 lbs ground beef  
1 large onion (more if you're like me and love lots of onions!)  
1 bell pepper  
6–8 slices thick bacon (or more)  
Ketchup  
Mustard  
Brown Sugar and / or sorghum or maple syrup  
Worcestershire sauce  
Salt and pepper to taste  
Smoke–optional

Chop up bacon and cook with onions in large cast iron dutch oven. Add ground beef and peppers (salt and pepper to taste) and cook until well done. Drain beans and add to beef onion mixture. Add rest of the ingredients to taste. Bake low and slow.

## Notes:

OK, since I don't actually measure anything, I'll try to explain what I did.... This recipe originally started with quick stove top beans for kids; Just drained beans and the basic Ketchup mix at the same ratio as what I used for topping on meatloaf; Ketchup, mustard, brown sugar. How I got from there to here, well, that's been too long ago to remember!

I use the cheap off brand beans – they usually have less liquid in them (more beans) than name brand. And it's usually cheaper to go with several small cans than the big ones.

When adding the flavorings, I start with the ketchup and add until consistency looks right, not quite soupy but still thick. I know I'll probably add more later. Then I start adding the brown sugar and mustard. The sugars will thin it all out some. Go light when adding the mustard at first. I like the brown mustards. Start with only a teaspoon or less of W Sauce.

If I am already smoking meat I will cook this in the smoker with the meat. If not I will add a dash or too of liquid smoke and bake in the oven. How high and how long depends on when I need it. I think with my latest batch I turned the oven to about 200°, set the timer to turn off after a couple hours and went to bed. The next morning it didn't look like it cooked enough, plus I wanted to bring it hot so put oven to 350° and cooked it awhile longer. I like it to be dark and rich looking, to almost appear dried out on the top. Stir it up and cook it some more. The lower and slower you can cook it the better all the flavors will blend, which is why I prefer to smoke it with the meat for 3 to 5 hours. If you need it sooner, it does fine if you bake it hot and quick, like 350° – 400° for 45 min to an hour. Not quite the melding of flavors, but still yummy.

Then main thing is, don't over think it. Mine is never the same twice. I use what I have on hand and it is always good. And if you have finished cooking it and think it still needs something, then add away and pop it back in the oven for a bit.

# Homemade CANNED Pork and Beans

*sbcanning.com*



## Ingredients

- 1 quart dried navy beans (about 2 pounds)
- ¼ lb salt pork, cut into pieces
- 1 quart tomato juice
- 3 tablespoons sugar
- 2 teaspoons salt
- 1 cup chopped onion
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice

Prep Time 10 mins  
Cook Time 2 hrs  
Yield: 6 pints or 3 quarts

## Instructions

- Put beans in a large saucepot. Add water to cover by 2 inches. Bring to a boil and boil for 2 minutes. Remove from heat and let the beans sit for one hour.
- Drain and cover with boiling water; boil for 3 minutes. Remove from heat and let stand for 10 minutes; drain.
- Combine tomato juice, sugar, salt, onion and spices and bring it up to a boil. Pack 1 cup of beans into hot jar and put in a piece of salt pork and then fill jar about ¾ full with beans.
- Ladle hot tomato sauce to within 1 inch from top of jar. Remove air bubbles from the jar and refill to proper headspace if necessary.
- Wipe rims and add hot lids/ rings to the jars. Process in Pressure canner for 65 minutes for pints and 75 minutes for quarts at 10 lbs of pressure for weighted gauge and 11lbs of pressure for dial gauge.

Note: Before you pack the cooked beans into jars for canning, set them aside for about 10 minutes. The goal is to help the beans stay more evenly distributed, and not sink to the bottom of the jar. (This works for jam?)

# Amish Prepper Recipe ~ Pork n Beans

from book: *Lost Superfoods*

Nothing like homemade comfort food that you can take off the shelf at any time, right? Home canned pork and beans is a perfect example of a good homestyle addition to any meal, or the main attraction.

8 lbs dry navy beans	2/3 cup brown sugar
1 1/2 lbs bacon	1/2 cup flour
1/3 cup salt	1/2 tsp red pepper
4 qts tomatoes, peeled, chopped or canned	1 tsp dry mustard
2 cup water	1 tsp cinnamon
1 lb white sugar	1/2 cup <del>Karo syrup</del> (use healthy substitute)

Soak the beans overnight. Cook the bacon, to a light crisp. Drain the grease. Cook the beans until they are almost done. Then, add the salt, sugars, ~~Karo syrup~~, spices, and tomatoes. Mix the flour and water to make a paste. Bring the beans and tomato mix to a boil, then add the paste. Fill canning jars and cold-pack for 1 1/2 hours.

## Instant Pot Pork & Beans

*Cooking beans in an Instant Pot makes it effortless, since you can skip soaking them*

### Ingredients

- 1/2 pound bacon about 8 slices, chopped
- 1/2 large onion chopped
- 2 cloves garlic minced
- 4 cups water
- 12 ounces dried small white or navy beans
- 8 ounces tomato sauce
- 3 Tablespoons apple cider vinegar
- 2 Tablespoons molasses
- 2 Tablespoons brown sugar
- 2 teaspoons Dijon mustard
- 1 teaspoon salt



### Instructions

In the Instant Pot using the sauté setting, cook the chopped bacon for 4–5 minutes until the fat from the bacon begins to render. The bacon should not be crispy.

Add the onions and cook another 4–5 minutes until they start to soften. Add garlic and cook 30 seconds longer. I like to leave the fat from the bacon; you can drain some but leave at least a couple of tablespoons.

Add the water, making sure to scrape the bottom of the pot well to release any stuck on bits of bacon or onion because nobody wants to get a burn notice while their beans are cooking! Add the dried beans, tomato sauce, cider vinegar, molasses, brown sugar, mustard, and salt and give everything a stir.

Secure the lid for the Instant Pot and make sure the pressure release valve is locked in position. Set the Instant Pot to cook on high pressure for 32 minutes. When it is done cooking, let the Instant Pot do a 20-30 minute natural pressure release before removing the lid and stirring the beans well. The beans will thicken slightly as they cool.

# Dutch Oven Franks & Beans

*A little white wine and lots of fresh herbs put a refined spin on this classic that tastes just as good the next day.*

## INGREDIENTS

- 3 tablespoon olive oil, divided
- 1 medium onion, chopped
- 6 cloves garlic cloves, smashed
- 1½ lb sweet Italian sausage links (about 6), divided
- 2 15-oz. cans cannellini (white kidney) beans, rinsed
- 1 cup dry white wine
- 10 flat-leaf parsley stems
- 10 sprigs thyme
- 2 bay leaves
- 2 cups low-sodium chicken broth
- 1 tbs unsalted butter
- 3 tbs chopped fresh herbs (such as oregano, parsley, tarragon), divided
- Kosher salt and freshly ground black pepper

• Heat 2 Tbsp. oil in a large heavy pot over medium heat. Add onion and garlic; cook, stirring occasionally, until softened, 5–8 minutes. Remove and discard casings from 2 sausages; add sausages to pot. Cook, breaking up with a spoon, until sausages and onions are lightly browned, about 5 minutes.

• Add beans and wine to pot and cook until wine is reduced by half, 8–10 minutes. Using kitchen twine, tie parsley and thyme into a bundle; add to pot along with bay leaves and broth. Cook on medium-low heat, partially covered and stirring often, until liquid thickens, 40–50 minutes. Discard bundle and bay leaves. Mix in butter and 2 Tbsp. chopped herbs. Season with salt and pepper.

• Meanwhile, after beans have been cooking for about 25 minutes, heat remaining 1 Tbsp. oil in a large skillet over medium heat. Cook remaining sausages, turning occasionally, until browned and cooked through, 15–20 minutes. Slice.

• Divide bean mixture among bowls. Top with sausage slices and remaining 1 Tbsp. chopped herbs.

## The Difference Between Pork & Beans and Baked Beans



Pork and beans are lighter in color and have a milder flavor than baked beans. Pork and beans are simpler and humbler; it's just navy beans stewed with some pork for flavor. Many baked beans recipes start with pork and beans, and add a bunch of ingredients like more molasses and brown sugar and cook them longer, which adds to the punch of flavor and can lean toward the sweet, tangy or even spicy, depending on the recipe. For pork and beans, add a few additional ingredients like some chopped onions, tomato sauce, some cider vinegar, spices, and just a little brown sugar and molasses for sweetness, but keep it simple to allow that classic, homey pork and beans flavor to really come through.



The **Navy Bean** bush plant will typically grow to around 2' tall, producing many 5" pods that will yield 5 or 6 seeds each. The name "Navy bean" is an American term coined because the US Navy has served the beans as a staple to its sailors since the mid-1800s. Also called pea beans, Navy beans are small, oval-shaped, & quick-cooking with a creamy consistency and mild flavor. These beans take anywhere from 90 to 120 minutes to cook. The beans are commonly used in soups, and though they do not have much taste by themselves will take on other flavors readily and provide good texture. They're perfect for pureeing in dips, thickening soups, or the perfect bean for hearty dishes such as Boston baked beans, pork and beans or navy bean chowder. **Great Northern Beans** have an equally long history. They originated in North Dakota, where the Mandan Tribe domesticated them as a regular crop. Great northern beans have a finer skin, taking about 45 to 60 minutes to cook. Great northern beans have very similar flavor, with lighter texture, making them ideal for more delicate dishes.