

NORA'S EASY BEAN BAKE

1 lb dry Great Northern beans
1 t salt
1 lb sliced bacon, cooked & crumbled

1 c packed brown sugar
3 T molasses
3 small onions, chopped

Place beans and salt in a saucepan; cover with water. Bring to a boil, boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain, reserving liquid. Combine beans, 1 c liquid and the remaining ingredients in a greased 2 ½ qt baking dish. Cover and bake at 350° for 1¼ hours or until beans are tender, stirring occasionally (add additional reserved liquid if needed.)

Makes 8-10 servings.

Calories: 301, Carbohydrate: 54 grams, Protein: 5 grams, Fat: 7 grams.