



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Baked Beans*

- 1 ½ cups dry navy, kidney, or lima beans
- 2 cups water
- 2 cups apple juice
- ½ teaspoon salt
- 2 tablespoons molasses
- ½ cup ketchup
- ½ teaspoon vinegar
- 1 teaspoon dry mustard
- 1 medium tomato, diced

1. Sort, wash, and drain beans.
2. Bring apple juice and water to boil; add beans and simmer for 2 ½ hours or until tender.
3. Drain beans, saving the liquid.
4. Put beans and other ingredients, except tomato, in greased baking dish.
5. Cover and back at 325° F for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.
7. Add tomato 15 minutes before removing beans from oven. Serves 6.

Nutrition Facts

Serving Size: 1 cup (272g)

Servings: 6

Amount Per Serving

Calories 260 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 53g **18%**

Dietary Fiber 13g **54%**

Sugars 20g

Protein 12g

Vitamin A 8% ■ Vitamin C 15%

Calcium 10% ■ Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.