



Dish 1

Sandy's

Good-For-Your-Heart Baked Beans

Directions

What You Need

Required Appliances:

Large Crock Pot

Ingredients:

2 Large cans, store brand
Baked Beans

1 Large Onion

Ketchup to taste
(about ¾ cup)

Mustard to taste
(about 1/3 cup)

Karo to taste
(about ½ cup)

Brown Sugar to taste
(about 1 cup)

Pour Baked Beans in crock pot, add Ketchup, Mustard, Karo, and Brown Sugar.

Chop Onion into small pieces, add to Baked Beans.

Stir, cover and turn Crock Pot on High. Leave cook for about 4 hours or until beans are in a full boil, remove lid and stir.

Replace lid on a slight angle so that beans can vent and cook about another 2 hours, stirring occasionally until desired consistence is achieved.

Stir and ENJOY!



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