

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *February* -

DRIED BEANS

BOSTON BAKED BEANS

2 C. Dried navy beans

1/4 lb. salt pork (optional)

1 large Onion, diced

3 TBL. Molasses

2 tsp. Salt

1/8 tsp. ground cloves

1/4 tsp. dry mustard

1/4 C. Brown sugar

1/2 C. ketchup

Soak beans in water overnight or at least 12 hours. Put beans and their soaking liquid into an ovenproof pot, bring to a boil, then turn to a simmer and cook on low for an hour. Add remaining ingredients, cover, and bake in a 325 degree oven for approximately 4 hours (adding more water if necessary to keep beans moist but not too wet). Cook until beans are tender. Remove salt pork before serving.

Recipe by Robin Forte



For more information visit

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