

BAKED BEANS

3 ½ cups dry navy beans. Soak over night. Rinse, cook until done (one hour or 28 minutes in a pressure cooker) in *unsalted* water (salt will make the beans tough).

3 finely diced onions
24 oz. tomato sauce from a can
¾ cup brown sugar
¼ cup yellow mustard
¼ teaspoon cayenne pepper
1 Tablespoon salt
5 teaspoons dark balsamic vinegar
1/3 cup olive oil
1 ½ cups water

Mix sauce well in a heavy 4 quart casserole dish. Add cooked navy beans and mix sauce well with the navy beans. Bake for 2-3 hours at 325 F until most of the liquid is gone—don't let them burn!