

Slow Cooker Boston Baked Beans

Serves 6-8

Ingredients:

- 1 lb white beans (navy)
- 8 oz salt pork (sliced)
- 1 medium onion (chopped)
- 1/2 cup brown sugar
- 1/2 cup molasses
- 1 tablespoon yellow mustard
- 5-6 cups water



Directions:

1. In slow cooker, stir together, beans, chopped onion, sugar, molasses and mustard. Add salt pork and 5 cups water.

2. Cook on high for 4 hours, change to low and cook until dark brown and beans are tender. Stir occasionally. Add water if the beans begin to look dry and are still uncooked. Can be cooked overnight on low.

Nutrition Facts

8 servings per container	
Serving size	1 cup (310g)
Amount per serving	
Calories	510
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 800mg	35%
Total Carbohydrate 63g	23%
Dietary Fiber 9g	32%
Total Sugars 30g	
Includes 27g Added Sugars	54%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 4mg	20%
Potassium 1006mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Source: <https://www.food.com/recipe/crock-pot-boston-baked-beans-447334>

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