Nan's Awesome Baked Beans

SIDES

YIELD ≈8 servings
ACTIVE 30 min
TOTAL Overnight soak + ≈11 h
PER SERVING 569 kcal · 794 mg Na · 19 g protein

EQUIPMENT
Slow cooker · Large pot · Saucepan · Colander

#	INGREDIENT	MASS	VOLUME	PROCEDURE
THE NIGHT BEFORE				
1	Yellow eye beans	454 g	1 bag (1 lb)	Put the beans in a large bowl, cover them well with cold water and soak overnight.
THE NEXT DAY				
2	Salt pork, *1 in chunks* Pork shoulder, *1 in chunks* Water	227 g 227 g	½ lb ½ lb to cover	Put the salt pork and pork shoulder in the saucepan and cover them with water. Simmer until the pork is tender, ≈45 min. **Save all of this water**; it goes in the slow cooker in step 5.
3				Drain the beans, put them in the large pot with fresh water to cover and boil for ½ hour. To test, lift a few on a spoon and blow on them; they're ready when the skins peel back.
4	Baking soda	4.6 g	1 tsp	Add the baking soda; it foams up, so stir. Boil another minute or two. Drain in the colander and rinse with cold water.
5	Molasses Brown sugar, packed Onion, *finely chopped* Mustard, dry	30 g 165 g 70 g 2 g	1 heaping tbsp ¾ cup 1 small 1 level tsp	Put the rinsed beans in the slow cooker. Add the salt pork, the pork shoulder and all their saved water. Add the molasses, brown sugar, onion and dry mustard, and stir.
6				Cover and cook on Low until the beans are soft, ≈8–10 h. If they look dry, add a little hot water.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Yellow eye beans	454 g	1,566	54	100
Salt pork	227 g	1,698	6,093	11
Pork shoulder	227 g	536	148	39
Molasses	30 g	87	11	—
Brown sugar, packed	165 g	627	46	0
Onion	70 g	28	3	1
Mustard, dry	2 g	10	0	1
Total		**4,552**	**6,355**	**152**
Per serving (1/8)		**569**	**794**	**19**

Nutrition: USDA FoodData Central, SR Legacy. Baking soda is rinsed off, so it isn't counted. Heaping tbsp taken as 1½ level.

NOTES

- Nan's page gives no pork amounts or times ("until done"), so those are fill-ins. Navy or Great Northern beans work if you can't find yellow eye.

Source: Nan (typed page, Paperless #665)
georgemain.com/recipes/sides/nans-awesome-baked-beans

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