



# Braised Beans

Servings 12 | Prep time 10 mins. | Total time 3 hours and 10 minutes

## Equipment:

Large oven-proof pot with tight- fitting lid

Cutting board

## Utensils:

Knife

Measuring cups and spoons

## Ingredients

2 cups dried (pinto, navy, kidney, black) beans

1/4 cup olive oil OR vegetable oil

6 cups water

3 large carrots, diced

4 stalks celery, diced

2 onions, chopped

4 cloves garlic, minced OR 4 teaspoons garlic powder

1 tablespoon salt (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 325 degrees.
3. Rinse beans and pick over to remove any stones or bad beans.
4. Put all ingredients into an oven-proof pot. Add 6 cups water. Put in oven with lid on tight so that the liquid stays in the pot to cook the beans. Use foil to cover tightly if you don't have a lid.
5. Cook 2 1/2 hours – 3 hours, stirring occasionally. Keep the beans covered with water. Add hot water if needed to just cover the beans.
6. Check to see that the beans are cooked. A bean should be soft through, without a hard area in the middle.

## Nutritional Information:

Calories 160

Total Fat 5g

Sodium 620mg

Total Carbs 24g

Protein 7g