

Beans Lunch/Dinner Recipe

Slow Cooker

Chili Baked Beans with Pork



Ingredients:	Approx. Cost*
1 - 1lb package of pork loin Country Style Ribs, boneless, cut into 1 inch chunks	\$4.94
1½ cups dry white Northern beans, soaked in 6 cups of water overnight	\$1.19
1 green bell pepper, seeded and chopped	\$.99
1 cup sweet onion, thinly sliced	\$.65
2 cloves garlic, finely chopped	\$.18
¼ of a chipotle chili in adobe sauce, chopped, plus 2 tablespoons of adobe sauce (or more for extra heat)	\$1.00**
1- 15-oz can tomato sauce	\$.89
1 teaspoon cumin, 1 tablespoon oregano	\$.50**
½ cup brown sugar	\$.35
2 tablespoons molasses	\$.25**
2 teaspoons Worcestershire Sauce	\$.25**
4 cups water	
Total:	\$11.19

of servings: 10 1-cup servings. **Cost per serving: \$1.12**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Drain the beans. Add them and remaining ingredients plus salt and pepper to taste to the slow cooker, cover and cook on low for 8 to 10 hours.

Nutritional Information per serving

Calories	282
Total Fat	8.7 g
Saturated Fat	3 g
% of daily total	15 %
Carbohydrates	33 g
Protein	19 g
Fiber	7 g

		% of daily total
Vit A	1	%
Vit C:	20	%
Calcium:	7	%
Iron	39	%
Good source of*	<i>Magnesium, Potassium, Zinc, Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Folate</i>	
	*(10% or more of the RDA)	

based on 2000 calorie diet

