

## Frozen White Beans

### **Baked Beans** (makes 6 half-cup servings)

2 cups frozen white beans  
2 tablespoons minced onion (or 1 tablespoon dry onion)  
2/3 cups tomato sauce  
1/2 cup water  
1/2 teaspoon garlic  
1-2 tablespoons brown sugar  
1/4 teaspoon each: salt, pepper, dry mustard (optional)

1. Mix all ingredients in a medium oven-safe bowl with lid.
2. Bake covered (400 degrees) for 20 minutes.
3. Remove lid and bake 15-20 minutes longer, until bubbly and heated through.
4. Refrigerate leftovers within 2-3 hours.

**TIPS:** Add 2 tablespoons diced ham or bacon (cooked or uncooked) before baking beans. You can also cook these beans in a covered, microwave-safe bowl: 2 minutes on high, then stir and cook 2 more minutes or until bubbly and heated through. Allow the beans to sit for 5 minutes before serving.

### **Bean Soup** (makes 5 one-cup servings)

2 cups water  
2 cups frozen white beans  
1 cup diced vegetables (choose a mix of two or three: onion, celery, carrots, peas, green beans, corn, spinach, diced tomatoes, mixed vegetables)  
1/2 teaspoon of one of the following: oregano, thyme, basil  
1/4 teaspoon of each: pepper, garlic powder

1. Place all ingredients in a medium saucepan. Heat until boiling, then turn to low and simmer for about 15 minutes.
2. Add salt if needed, and serve. Refrigerate leftovers.

**TIPS:** Use chicken broth instead of water, or add some chicken bouillon to water. Try adding 1/2 cup of tomato sauce in place of 1/2 cup of the water. Add 1/2 cup diced ham before cooking.