

## Country Bean Bake

2 cups dried pinto beans  
2 tablespoons oil  
1 cup sliced onions  
¼ cup chopped green bell pepper  
8 to 16 ounces cubed cooked ham  
½ cup ketchup  
¼ cup molasses  
1 tablespoon vinegar  
1 teaspoon salt  
1 ½ teaspoons Worcestershire sauce  
1 ½ teaspoons dried mustard  
½ cup reserved bean cooking liquid

1. Following package directions cook pinto beans until tender. Drain beans, reserving ½ cup of the liquid.
2. Add oil to a skillet over medium heat; add onion and green pepper and cook for 5 minutes.
3. Layer cooked drained beans, onions and peppers, and ham in a 2-quart casserole.
4. Combine remaining ingredients (ketchup, molasses, vinegar, salt, Worcestershire sauce, dried mustard, and bean liquid) and mix well. Pour this mixture over the layered items in the 2-quart casserole.
5. Bake at 325° for 1 hour. Serves 6.

(adapted from a recipe on [www.southernfood.about.com](http://www.southernfood.about.com) )

*To reduce sodium in this recipe, omit the salt and use only 6 to 8 oz ham.*