**Ham and Beans**

RECIPE



**INGREDIENTS**

* 3 pound dried beans
* 1 ½ pound cook ham, diced
* 3 small onion
* 1 ½ cup brown sugar
* ¾ teaspoon cayenne pepper
* 3 tablespoon dried parsley
* Salt and pepper
* Water
* Optional Ingredients

Celery, carrots cut fine, basil, garlic powder, chicken broth, marjoram

**DIRECTIONS**

1. **Night before:** Rinse beans in a large pot; discard shriveled beans and any small stones. Add 8 cups of cold water. Let stand overnight or at least 8 hours. Drain and rinse beans.
2. Drain and rinse beans. Place beans in large pot and add ham, onion, brown sugar, salt, pepper, cayenne and parsley and water to cover.
3. Bring to a boil; reduce heat and simmer 2 to 2 ½ hours, until beans are tender. Add more water if necessary during cooking time.

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| **Prep Time:** 15 minutes | **Cook Time:** 120+ minutes | **Total Time:** 135+ minutes | **Yield:** 21 servings |