

Vermont Maple Baked Beans

1 pound yellow-eye beans or navy beans
Pinch baking soda
½ tsp. salt
1 tsp. dry mustard
1 onion, peeled and chopped
½ cup maple syrup

Soak beans in cold water with a pinch of baking soda overnight. The next day, rinse beans and boil gently in fresh water to cover until just tender, about 1 hour. Drain off bean water and retain. Preheat oven to 325 degrees. Place onion in the bottom of a heavy, oven-proof casserole dish. Add remaining ingredients. Pour in bean water just to cover. Bake, covered, for 1½ to 3 hours. Check periodically, adding more water as needed. For the last ½ hour, cook uncovered to brown top.

Pinto Bean Soup with Salsa

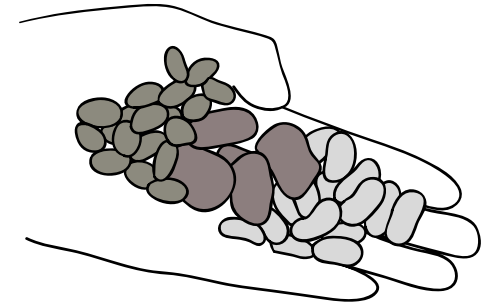
2 ½ cups dried pinto beans
7 cups water
¼ cup olive or vegetable oil
2 yellow onions, diced
1 tsp. salt
½ tsp. black pepper
2 tsp. cumin
4 cloves garlic, finely chopped
2 cups chicken or vegetable broth
salt to taste
chunky salsa and sour cream to serve

Soak beans overnight. The next day, rinse beans and bring to a boil with water, cooking until tender, about 1½ hours. Meanwhile, heat oil in a medium pan. Add onions, salt, pepper, and cumin and cook, stirring often, about 10 minutes. Add the garlic and cook for 1-2 minutes more. Spoon mixture into bean pot along with 2 cups broth. Bring to a boil, then reduce heat and simmer, uncovered, 20-30 minutes more. Remove from heat and allow to cool enough to blend in batches. Serve in bowls and top with your favorite salsa and sour cream.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 9,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Dried Beans



Dried beans offer great flavor and variety at a great price. City Market stocks a rainbow of colors in our Bulk section, with some local favorites, too. Easy to store at home, with a little planning they can be soaked in the evening and used dozens of ways the next day. Taste how different dried beans are from their canned counterparts, and discover special varieties available in Bulk.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop