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## **Greek Style Baked Beans**     **Serves 6 - 8**

*The sweet tang of the Mediterranean*

- 4 cups (1 L) White Pea Beans, soaked and cooked
- ¼ cup (50 ml) olive oil
- 2 onions, chopped
- 2 cloves garlic, minced
- 7.5 oz (213 ml) can of tomato sauce
- 1½ cups (375 ml) water
- 3 tbsp (50 ml) honey
- 1 bay leaf
- 1 tsp (5 ml) oregano
- 1/8 tsp (0.5 ml) powdered cloves
- ½ cup (125 ml) feta cheese, cubed (optional)
- ¼ cup (50 ml) grated Parmesan cheese

### **Directions:**

In a medium saucepan heat oil, add onions and garlic, saute 3-5 minutes until onion is soft. Add tomato sauce, water, vinegar, honey and seasonings; simmer 5 minutes. In shallow greased 2 qt (2 L) baking dish mix beans and sauce. Bake in 375°F (190°C) oven uncovered 50 minutes. Add water if mixture becomes dry. Remove bay leaf, stir in feta cheese. Sprinkle with Parmesan cheese and bake 10 minutes more. Serve with shish-kebob and salad. Microwave Directions: In a 2 qt. (2 L) micro-proof casserole combine oil, onions and garlic; cover and heat at 100% power for 2 minutes. Stir in tomato sauce, water, vinegar, honey, seasonings and beans. Heat uncovered at 100% power for 45-60 minutes until beans become tender. Stir every 15 minutes. Cover, add water if mixture becomes dry. Remove bay leaf, stir in feta cheese, sprinkle with parmesan on top. Heat uncovered at 50% power until cheese starts to melt.

**Nutritional Facts per serving**    Fat 11g, Protein 17 g

*Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.*

*Recipe compliments of OntarioBeans.on.ca*