Greek Style Baked Beans

From: **OntarioBeans.on.ca**

The sweet tang of the Mediterranean

Nutrition Facts

For 1 serving

Amount	% Daily Value
Fat 11 g	
Protein 17 g	

Ingredient List

4 cups	WHITE PEA BEANS, soaked and cooked	**1 L**
1/4 cup	olive oil	**50 mL**
2	onions, chopped	**2**
2	cloves garlic, minced	**2**
1	can (7 1/2 oz./213 mL) tomato sauce	**1**
1 1/2 cups	water	**375 mL**
3 tbsp	honey	**50 mL**
1	bay leaf	**1**
1 tsp	oregano	**5 mL**
1/8 tsp	powdered cloves	**0.5 mL**
1/2 cup	feta cheese, cubed (optional)	**125 mL**
1/4 cup	grated parmesan cheese	**50 mL**

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.

Makes 6-8 servings