

## **John F. Kennedy's Boston Baked Beans**

4 cups dry navy beans	1 teaspoon dry mustard
1 small onion, chopped	2 teaspoons salt
¼ pound salt pork, diced	1 tablespoon Worcestershire
¾ cup brown sugar or molasses	1 cup boiling water
½ cup ketchup	¼ pound salt pork, cut into strips

Cover beans with water. Bring slowly to a boil or soak overnight. Drain. Cover with fresh water and simmer slowly. When skins start to burst, beans are sufficiently cooked. Drain and add onion, salt pork, sugar, ketchup, mustard, salt, Worcestershire and boiling water. Placed in greased casserole and top with salt pork strips. Bake, uncovered, in very slow oven (about 225-250°F) six to eight hours. Uncover for last hour of cooking. Add additional water or stock if beans become dry.

## **Skillet Beans**

¼ cup molasses	2 tablespoons catsup
1 tablespoon vinegar	1 tablespoon instant minced onion
1 tablespoon mustard	2 1-pound cans beans

In large skillet mix first five ingredients. Stir in the baked beans and simmer 10 minutes. Six servings.

## **Sweet Potatoes**

1 cup sugar	Salt
¼ cup water	Big piece of butter

Cook uncovered 15 minutes and then simmer 45 minutes without cover.

## **Glazed Sweet Potatoes**

4 medium sweet potatoes  
½ cup packed brown sugar  
¼ cup butter or margarine

Pierce potatoes and place in oven. Microwave on HIGH for 8 to 9 minutes or until fork tender. Peel and slice into 1½ quart glass casserole. Sprinkle with brown sugar; dot with butter. Cover with glass lid or plastic wrap. Continue cooking on HIGH for 4 minutes. Stir and continue cooking on HIGH for 3 to 4 minutes or until hot. Let stand, covered, 3 minutes before serving. 6 to 8 servings.