

Pork Roast and Beans

RECIPES FROM OUR ORGANIC FARM TO YOUR KITCHEN

Ingredients:

Pork Roast (2-3 lb)
Beans - any will work,
but here's what I use
1/2 c Blackeyed Pea
1/2 c Great Northern
1 c Dark Red Kidney

1 small onion
1 T lemon juice
1 T mustard
garlic salt
1/4 c brown sugar or
honey
5 c water

Directions:

Place roast in crock pot or roaster
(straight from freezer!). Add beans
and rest of ingredients. Mix.
Bake 250° or medium for 8 hours. A
lower temperature and longer cook
time will make meat very tender.

Serving tip: Put your roast cooking

right before bed for the next day's lunch, or in the morning for that day's supper. Easy!

Thank you for your business!

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for more recipes: <http://customer.wcta.net/theranch> - theranch@wcta.net