

Sweet Navy Bean Stew

By Camine Pappas, January 2002

2 thick slices bacon sliced into small pieces

1/3 chopped white onion

1 large celery stalk chopped

2 garlic cloves

¼ C lightly packed brown sugar

1 can Trader Joes Navy Bean Assortment

1 can kidney beans

Pinch of ginger powder

Pinch of chili powder

¾ C Catsup

2 T Dijon Mustard

S and P to taste

In a large stew pot, brown the bacon, then add the onion and saute until partially transparent. Add garlic and cook for 2 minutes. Add remainder of ingredients. Can add water if you want more of a soup. Can add meat if desired but not necessary.