

baked beans

1. Heat olive oil in dutch oven over medium heat.
Preheat oven to 350.
2. Saute onion, garlic, carrot until the onion is translucent. Add turkey if you choose to use it and cook until all the pink is gone.
3. Add your base (either the pumpkin or the tomato) and add enough stock to make it saucy.
4. Add the beans and mushrooms, and the seasonings.
5. pour in stock so that the beans are almost completely covered. Mix well.
6. Take off the stove top and place in oven for 1 and 1/2 hours.

You can portion this out when it's done so that you have your lunches ready for the week. Also make a great dinner!

Enjoy!