

# Ham and Beans

Unit: 4 Qt. and Food Cutter Machine

1 - 12 Oz. Bag of Dry Northern Beans (2-16 Oz. Cans will work)

1 - 2-3 Pound Pre-Cooked Ham

1 - Medium Onion

Salt to taste

First, put the beans in the unit with 1 part beans, 3 parts of water. Shred the onion on the #2 blade with the food cutter and shred the ham on the #3 blade. Rotate the valve below the knob to open and set the lid on the unit.

Cook on medium heat until the valve whistles and reduce the heat to low until the beans are tender (approximately 1 hour)

(If using canned beans, put 1 part beans and 2 parts of water with the onion and ham. Cook for approximately 20 minutes)