

Crock Pot Northern

Ingredients:

1 16 oz package dried northern beans
3 4 meaty ham hock shank or meaty ham bone (about 1 1/2 lbs)
1 small onion diced water enough to cover beans
salt & pepper to taste
1/3 cup light brown sugar

Instructions:

First step to prepare this delicious recipe is to sort the beans for any pebbles & then rinse beans under cold water.

Second step : Now after all that you need to add the rinsed beans onion salt pepper & ham shanks hocks or ham (chopped into big chunks) into the crock pot. After all that be sure to add water to cover the beans 2 inches. (between 6 to 8 cups)

Step 3 : In this step you need to cover & cook using low high the first 2 hrs next turn to low & keep cooking between 4 to 5 hrs or till beans are tender. Next move out the ham shanks or hocks & pull off all of the meat.

Step 4 : Finally step Now in this step you need to return the meat to the crock pot then add the brown sugar. so for me i remove about a cup of the juice before adding the brown sugar. It depends on how thick or thin you want the beans. Next and lightly combine to mix . Ladle in to bowls serve and *enjoy!!*

source:tomatohero.com