

SWEDISH BROWN BEANS (BRUNA BÖNOR)



When Ole and Lena and their Scandinavian friends sit down to the supper table, it is frequently to hearty plates of bruna bönor -- sweet & sour brown beans.

Here at Ingebretsen's, Swedish bruna bönor are available in our deli and online.

This recipe is from *Swedish Recipes: Old and New*.

This cookbook has been reprinted 21 times since 1955, and it's packed full of homey recipes handed down in Swedish families for generations.

- 1 lb. Swedish brown beans
- 7 c. water
- 1 c. firmly packed brown sugar
- 3 T. vinegar
- 1 tsp. salt
- 2 T. butter
- 2 tsp. cornstarch
- 1 T. cold water

Wash and drain beans. Add 7 cups water. Cover and let stand overnight. In the morning, bring to simmering point. Cover tightly and simmer for 3 to 3 1/2 hours or until beans are tender. Add sugar, vinegar, salt and butter. Mix cornstarch with 1 tablespoon cold water and stir into beans. Simmer uncovered for 15 minutes. Serve hot.

Yield: 8 to 12 servings.

Please visit ingebretsens.com or call us at 800 279 9333 for Swedish bruna bönor, *Swedish Recipes: Old and New* and more...