

ORIGINAL SUPREME BEAN PIE RECIPE

YIELD: 2 – 3 PIES

2 CUPS OF STRAINED COOKED NAVY BEANS

(YOU CAN MASH THEM WITH A STAINLESS STEEL FOOD MILL OR BLENDER)

3 CUPS OF RAW ORGANIC SUGAR

2 CUPS OF ORGANIC MILK

6 COUNTRY EGGS (BROWN SHELL)

1/2 POUND OF BUTTER

1/2 CUP OF UNBLEACHED FLOUR

2 TEASPOONS OF VANILLA EXTRACT

2 TEASPOONS OF GROUND NUTMEG

2 TEASPOONS OF CINNAMON

1 TEASPOON OF SALT

BEAT EGGS, THEN SET ASIDE

MIX BUTTER AND SUGAR TOGETHER UNTIL SMOOTH AND FLUFFY

ADD OTHER SPICES AND EXTRACT TO BUTTER/SUGAR MIXTURE

MIX IN BEATEN EGGS, MILK, STRAINED BEANS AND FLOUR

MIX WELL THEN POUR INTO WHOLE WHEAT PIES SHELLS

PLACE IN PREHEATED 400 DEGREE OVEN FOR 10 MINUTES

THEN LOWER TEMPERATURE TO 300 DEGREES

THEN BAKE 40 TO 45 MINUTES

ENJOY!!!