



BAKED BEANS – CANNED – Microwave

Here's how to make canned baked beans in the microwave oven to serve three to four as a side dish.



- _____1. Get 15 ounce can baked beans or pork & beans.
Get can opener, *if needed*.
Get microwave safe dish with cover.
Get spoon.
Get potholders.



- _____2. **Careful!** Open can.



- _____3. Put beans into dish.



- _____4. Cover dish.



_____5. Open microwave. Put dish in.



_____6. Close microwave.



_____7. Set microwave for 2 1/2 minutes.
Start.



_____8. Open microwave.



____ 9. Put on potholders.



____ 10. **Careful!** Take dish out of microwave.



____ 11. Close microwave.



____ 12. Take off cover.



____13. Take off potholders.



BAKED BEANS – CANNED – Microwave

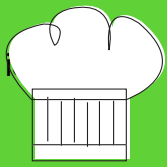
Here's how to make canned baked beans in the microwave oven to serve three to four as a side dish.

It's good to know these particulars:

**To learn how to open a can, go to the *Basic Start, How To's* section – *Cans*.*

This recipe uses a microwave at full power. Because microwave oven temperatures vary, you may find that you need less or more cooking time than noted in the recipe.

- _____ 1. Get 15 ounce can baked beans or pork & beans. Get can opener, if needed. Get microwave safe dish with cover. Get spoon. Get potholders.
Get a fifteen ounce (or right around fifteen ounces) can of baked beans or pork & beans, a clean can opener, if needed, a clean microwave safe dish with cover, a clean spoon, and clean potholders.
- _____ 2. Open can.
Careful! Using the can opener or the pop top lid, open the can of beans.
- _____ 3. Put beans into dish.
Using your one hand, hold the can around the middle and tilt it down and over the dish.
Using your other hand and the spoon, spoon out the beans from the can and into the dish.
Throw away the can.
- _____ 4. Cover dish.
Put the cover on to the dish.
- _____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.
- _____ 6. Close microwave.
Close the microwave oven door.



- _____ 7. Set microwave for 2 1/2 minutes. Start.
Set the microwave oven cook timer for two and one half minutes.
Start the microwave oven.
- _____ 8. Open microwave.
Open the microwave oven door.
- _____ 9. Put on potholders.
Put the potholders on to your hands as an extra precaution.
- _____ 10. **Careful!** Take dish out of microwave.
Using your hands, carefully take the dish out of the microwave oven
and put it on to a safe surface.
- _____ 11. Close microwave.
Close the microwave oven door.
- _____ 12. Take off cover.
Using your one hand and the potholder, hold the dish so that it is
steady.
Using your other hand and the potholder, carefully take off the cover
from the dish and put it on to a safe surface.
- _____ 13. Take off potholders.
Take the potholders off of your hands.



BAKED BEANS – CANNED – Stove

Here's how to make canned baked beans on the stove top to serve three to four as a side dish.



- _____1. Get 15 ounce can baked beans or pork & beans.
Get can opener, *if needed*.
Get pot.
Get long handled spoon.



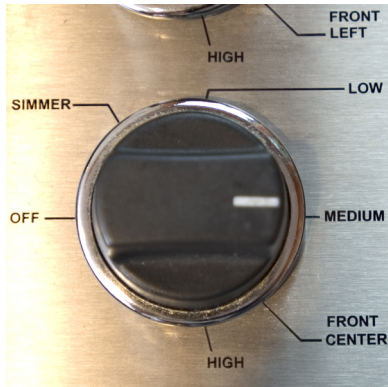
- _____2. **Careful!** Open can.



- _____3. Put beans into pot.



- _____4. Put pot on to stove.



_____ 5. Turn stove on to medium.



_____ 6. Stir occasionally – 5 minutes.



_____ 7. Turn off stove.



BAKED BEANS – CANNED – Stove

Here's how to make canned baked beans on the stove top to serve three to four as a side dish.

It's good to know these particulars:

To learn how to open a can, go to the **Basic Start, How To's section – **Cans**.*

This recipe assumes that a pan with a heat resistant handle* is used. For more information, go to the *Basic Start, Cupboards* section – *Nonstick Pots and Pans with Heat Resistant Handles*.

- _____ 1. Get 15 ounce can of baked beans or pork & beans. Get can opener, *if needed*. Get pot. Get long handled spoon.
Get a fifteen ounce (or right around fifteen ounces) can of baked beans or pork & beans, a clean can opener, *if needed*, a clean pot for cooking, and a clean long handled spoon.
- _____ 2. Open can.
Careful! Using the can opener or the pop top lid, open the can of baked beans.
- _____ 3. Put beans into pot.
Using your one hand, hold the can around the middle and tilt it down and over the pot.
Using your other hand and the spoon, spoon out the beans from the can and into the pot.
- _____ 4. Put pot on to stove.
Put the pot on to a stove burner.
- _____ 5. Turn stove on to medium.
Turn the stove burner on to a medium heat.
- _____ 6. Stir occasionally – 5 minutes.
Using your one hand, hold the pot so that it is steady and safe.
Using your other hand and the long handled spoon, occasionally stir the beans in the pot while they cook for about five minutes.
- _____ 7. Turn off stove.
Turn off the stove burner.