**Red Bean Pie**

1 can (approximately 1 cup) red beans, well mashed.  (can substitute other varieties of bean if you wish)

1 cup sugar

3 egg yolks, beaten

1 teaspoon vanilla

1 teaspoon nutmeg

mix all ingredients and pour into an uncooked pie crust.  Bake 30 mins at 375 degrees.

If desired, you can save the egg whites and make a meringue to top the pie.

This is a very simple recipe for a hearty, nutritious dish that can be made quickly in a trail setting.  As such it lends itself to improvisation and experimentation.  Try some different varieties of beans.  Use brown sugar, honey, or maple syrup to sweeten it.  Try some all spice, cinnamon, or ginger along with or instead of the nutmeg.  Add some raisins, dates, or other dried fruit.  The predominant flavor profile will be sweet and whatever spices you use.

Modern cooking rarely uses beans in sweet dishes, but in an era when preservation was a challenge and nutrient density (although they would not have used that term) an important consideration beans were a staple due to their versatility, nutritive value, and ease of storage.