



Maple Baked Beans

Ingredients

- **6 cups** assorted cooked beans (instructions follow)
- **6 slices** good quality bacon, diced
- **1 large** onion, diced
- **½ cup** maple syrup
- **2 tbsp.** ketchup
- **2 tbsp.** grainy Dijon mustard
- **1 tsp.** red pepper flakes (optional)
- salt and pepper to taste
- **2 tbsp.** raw apple cider vinegar

Directions

1. Drain beans and place in a large dutch oven or slow cooker
2. In a large frying pan, cook diced bacon until crisp.
3. Remove with slotted spoon and add to bean mixture.
4. Leave 2 tbsp. bacon fat in frying pan and add onion.
5. Sauté until translucent.
6. Add ketchup and maple syrup and reduce to about ½ .
7. Add mustard

8. Pour mixture into bean pot and add enough water (or apple cider, chicken stock, etc.) to almost cover beans.
9. Taste sauce and add salt and pepper as needed.
10. Cover and place in 250- 275 degree oven for about 4 hours
11. Check after 2 hours and add liquid if beans appear to be dry
12. Just before cooking is finished, add apple cider vinegar.
13. Taste again and adjust seasoning.

