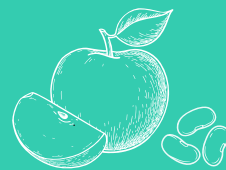




BAKED BEANS & APPLES



Ingredients

- 2 cups dried beans (see Notes)
- 1 onion, diced
- 2 tsp Dijon or artisanal mustard
- 2 tbsp blackstrap molasses
- ½ cup maple syrup
- 3 tbsp tomato paste
- 3 tart apples (any variety), chopped
- 2 tbsp butter, melted
- 2 tsp sea salt

Instructions

1. Soak and cook the beans according to the Soaking & Cooking Times for Beans chart.
2. Preheat the oven to 300°F. Combine cooked beans, onion, mustard, molasses, maple syrup, tomato paste, and enough reserved cooking liquid (or fresh water) to cover the beans in a casserole dish. Bake for 3 hours, checking occasionally to add water if needed.
3. Add apples, drizzle with melted butter, sprinkle with salt, and bake uncovered for 1 more hour until apples are soft.

Notes

- Navy beans, white pea beans, black-eyed peas, Great Northern beans, and pinto beans all work well for this recipe.
- Extra cooked beans can be divided into 2–4 person servings or frozen for soups, casseroles, or salads.
- This recipe makes great leftovers and can be frozen in similar serving sizes for packed lunches or quick side dishes.

