

BOSTON BAKED BEANS

SERVES 10

Nutrition Facts: 203 calories, 2g fat, 0g saturated fat,
261mg sodium, 38g carbohydrates, 10g fiber, 10g protein

HEALTHIER TRADITIONS COOKBOOK

American Classics

Ingredients

- 1 pound dried navy or Great Northern beans, rinsed, picked over, and soaked overnight (reserve soaking water)
- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cloves garlic, peeled
- ¼ cup dark molasses
- 3 tablespoons low-sodium ketchup
- 3 tablespoons mustard powder
- 1 tablespoon dried mustard powder
- 1 tablespoon Worcestershire sauce
- 1 teaspoon black pepper
- 1 branch of thyme
- 1 bay leaf
- ½ teaspoon salt
- 2–3 tablespoons apple cider vinegar (to taste)
- 1 tablespoon smoked paprika

Directions

Using Dutch oven and baking:

1. Preheat oven to 300°F. Place a large Dutch oven or other oven-proof pot on stove over medium heat. Add olive oil, stir in onions, and cook about 5–8 minutes, until translucent.
2. Add beans to pot. Pour enough soaking liquid over beans to cover by ½ inch (add extra water as needed). Add garlic cloves, molasses, ketchup, herbs, and spices. Stir together, bring to a boil, and then cover and place in the oven.
3. Bake until beans are soft but remain intact, about 2–3 hours, checking water level every hour. Add warm water to cover beans as needed during baking time. Remove from oven and stir in salt and vinegar. Cool to room temperature before serving.

Using slow cooker:

1. In a medium skillet over medium heat, add olive oil, stir in onions, and cook about 5–8 minutes, until translucent.
2. Add onion to slow cooker along with beans, garlic cloves, molasses, ketchup, herbs, and spices. Stir together and add bean soaking liquid plus any additional water needed to cover beans. Cook on low for 8–12 hours, until thickened and beans are soft but still intact.
3. Turn off heat and add salt and vinegar to beans. Allow to cool to room temperature before serving.

