

# Baked Beans with Maple Syrup

2 1/2 hours plus overnight soaking

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## Ingredients (serves four)

3 cups of dried navy beans  
Jar seasoning (1 tsp mustard, 2 tsp tomato paste (or ketchup), 1/4 cup maple syrup  
1 small onion chopped  
6-8 cups of water  
Salt and pepper to taste



## Instructions

1. Soak beans overnight in water (at least 12 hours).
2. Preheat oven to 275 degrees Fahrenheit.
3. Drain the beans and place in an oven-proof baking dish with the rest of the ingredients. Fill with water until beans are fully covered.
4. Bake for 2-2 1/2 hours, stirring every 30-60 minutes, until beans are soft and most of the liquid is absorbed.
5. Enjoy!

**Note beans can also be made in a slow cooker**

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>