

Maple-baked Northern Beans – Oven or Slow Cooker

Serves 6

Whether you enjoy them on their own, with creamy cornmeal mush or piled on toast beneath a runny egg, baked beans are nourishing and comforting. For a quick and hearty breakfast, prepare a day ahead and reheat in the oven or microwave.



Ingredients

1 medium yellow onion
4 whole cloves
2 ½ cups dry navy beans, soaked in water overnight
6 Tablespoons maple syrup
¼ cup unsulphured molasses
2 teaspoons dry mustard powder
1 clove garlic, minced
2 Tablespoons tomato paste
2 teaspoons Worcestershire sauce
1 teaspoon baking soda
4 cups boiling water
1 Tablespoon apple cider vinegar
Salt and pepper, to taste.

Directions

1. Always wash your hands before preparing food. Preheat oven to 250°.
2. Peel the onion, trim its ends and stud it with the cloves.
3. OVEN: To cook in the oven, place onion in a four-quart (16 cup) Dutch oven along with all other ingredients except for vinegar, salt and pepper. Cover pot and place in the oven. Lifting the lid and stirring occasionally, cook the beans for six to seven hours, until they are tender and the liquid has reduced to a thick glaze.

SLOW COOKER: To cook in a slow cooker, boil beans in a medium pot for 10 to 12 minutes. Drain and add to slow cooker along with all other ingredients except for vinegar, salt and pepper. Cook on low for six hours, or until they are tender and the liquid has reduced to a thick glaze.

4. Add vinegar and season to taste with salt and pepper. Remove onion and serve.