

# 5-Bean Casserole

## Ingredients

8 Slices Bacon (If using turkey bacon you will need to add 1/4c coconut oil to the recipe)

2 onions, sliced very thinly

3/4 c xes sweetener or THM gentle sweet

1 tsp blackstrap molasses

1 tsp ground mustard

1/2 tsp garlic powder

1 tsp salt

1/2 c apple cider vinegar

1 14.5 oz can butter beans, drained

1 14.5 oz can of red kidney beans or great northern beans, drained

1 14.5 oz can green beans, drained

1 14.5 oz can black beans, drained and rinsed

11 oz Amazing Baked Beans (or canned baked beans if you can find no sugar added)

## Directions

Fry bacon until crisp. Remove bacon from the pan but keep fat in the pan. (If you used turkey bacon you will need to add 1/4 c coconut oil to the pan.)

While bacon is frying, mix dry ingredients together with apple cider vinegar and molasses. Add the vinegar mixture to the fat (oil) in the pan and whisk together over medium-high heat. (Be prepared for your

sinuses to be cleared!) Add onions to the pan and mix to coat. Bring mixture to a boil. Cover the pan, and reduce heat to simmer for 15 minutes.

While onions are cooking crumble the bacon. Mix drained beans together with baked beans in a large bowl. Add half of the crumbled bacon. When the onions are finished cooking, pour this mixture over the beans. Stir well and put into a 3-quart casserole dish. Sprinkle the rest of the bacon on top of the beans.

Cover the casserole dish with a lid or foil and bake at 350 for one hour.

(I actually made this a one-pot dish by using my cast iron Dutch oven for the whole process. Yay for fewer dishes! If you have a pan big enough that has a lid and goes from stovetop to oven I highly recommend this method.)

Honestly, I like this dish best the next day after the flavors have had a chance to meld together. Therefore, I would really suggest getting this dish prepared a day in advance giving yourself more free time on Thanksgiving day! You can also cook this in the crock pot if you'd like. In that case, I would suggest cooking it on low for at least 4 hours, giving it that time to marry the flavors.