

Amazing Baked Beans

Ingredients

3 15.5 oz cans navy beans rinsed and drained

3/4 c xes sweetener or THM gentle sweet

1 tsp black strap molasses

2 TBSP sugar-free syrup

3 TBSP tomato paste

2 TBSP apple cider vinegar

3 tsp ground mustard

1 tsp garlic powder

1 tsp onion powder

3/4 tsp salt

1 TBSP nutritional yeast

1/2 tsp maple extract

1/2 tsp caramel extract

1 tsp turmeric (optional)

2 TBSP real bacon bits (optional)

1/2 – 1 cup water

Directions

Whisk together all ingredients except beans (starting with just 1/2 cup of water). Add beans and stir to coat. At this point add more water if necessary. (I did not need any more water.)

Bring to a boil over medium-high heat and boil for 3-4 minutes, stirring often to keep from burning.

Reduce heat to low. Cover and simmer for 30-45 minutes.

As you can see from the picture, these baked beans will not be as “brown” as store-bought baked beans. That is because we are not filling the pan with molasses and brown sugar! But never fear, this is a sweet, baked bean sauce, not a “tomato-heavy” sauce, so don’t fear the difference in color. Trust me, these are fantastic!