

HOMEMADE BAKED BEANS

SLOW-COOKED AND HEARTY, THESE BEANS ARE SWEETENED WITH DEMERARA SUGAR AND ENRICHED WITH SMOKY SPICES AND TOMATO.

INGREDIENTS:

- 2 cups cooked white beans (or 2 cans, drained)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp tomato paste
- 2 tbsp demerara sugar
- 2 tbsp molasses
- 1 tbsp Worcestershire sauce
- 1/2 tsp smoked paprika
- 1/4 tsp mustard powder
- 1 1/2 cups (360ml) water or vegetable broth
- Salt and pepper to taste
- Optional: 1-2 strips cooked bacon, chopped

INSTRUCTIONS:

1. In a pot, sauté onion and garlic until soft (about 5 minutes).
2. Add tomato paste, demerara sugar, molasses, Worcestershire sauce, paprika, mustard powder, and stir.
3. Add beans and broth. Simmer uncovered on low for 45-60 minutes, stirring occasionally, until thickened.
4. Season with salt and pepper. Add bacon, if using.

