

FRESH FROM THE GARDEN TASTINGS

Maple Baked Beans



Ingredients

1 Tablespoon extra virgin olive oil
½ medium sweet onion, small dice
2 cloves garlic, minced
½ of a 6-oz can tomato paste
2 x 15 oz cans navy beans
½ cup water
3 Tablespoons maple syrup
½ Tablespoons molasses
1 teaspoon smoked paprika
½ teaspoon salt
¼ teaspoon black pepper

Serves 4–6

Instructions

Heat 1 Tablespoon extra virgin olive oil in a medium-sized heavy-bottomed pot over medium-high heat until the oil shimmers and moves freely around the pan. This should take about 1–2 minutes.

Reduce heat to medium and add the diced sweet onion and minced garlic to the heated oil. Sauté for 3–5 minutes with a pinch of salt, stirring occasionally, until the onions become translucent and softened. Do not burn.

Add half of the 6-ounce can of tomato paste directly to the softened onions and garlic. Stir the tomato paste thoroughly. Sauté for 1–2 minutes, stirring occasionally to prevent sticking.

Add both 15-ounce cans of navy beans (including their liquid), ½ cup water, 3 tablespoons pure maple syrup, ½ tablespoon molasses, 1 teaspoon smoked paprika, ½ teaspoon salt, and ¼ teaspoon black pepper to the pot. Stir everything together thoroughly. Bring the mixture to a rolling boil over medium-high heat, which should take 3–4 minutes.

Once boiling, immediately reduce heat to low to maintain a gentle simmer. Cover the pot with a tight-fitting lid and cook for exactly 15 minutes. The beans should bubble gently—if the simmer is too vigorous, reduce heat further to prevent scorching.

Remove the pot from heat after the 15-minute cooking time. Carefully remove the lid and stir the beans thoroughly. Taste and adjust seasoning. The sauce should be thick enough to coat the beans but not dry. Serve immediately while hot, or let cool slightly for a thicker consistency.