



Wintery Baked Beans

Serves 4-6 as a main

2 tablespoons olive oil
1 large sweet onion, diced
1 tablespoon minced fresh rosemary
1 tablespoon minced fresh sage
3 tablespoons tomato paste
2 teaspoon chili powder
1 teaspoon dried mustard
1 teaspoon garlic granules
½ teaspoon smoked paprika
1 ½ cup apple juice
¼ cup molasses
¼ cup maple syrup
¼ cup water
2 tablespoons orange juice
1 tablespoon Braggs Liquid Aminos or soy sauce
6 cups cooked white beans like pinto beans, navy or a mix, or 4 15 oz cans of beans, drained and rinsed
½ teaspoon salt
Pepper to taste

Warm your oven to 350 degrees.

Warm up a large, oven-safe skillet with a lid over a medium high heat. Add the oil then onion after a minute. Sauté the onion around with a pinch of salt until it starts to brown in some spots, about 6-8 minutes. Add the fresh herbs, tomato paste, chili powder, dried mustard, garlic granules, and smoked paprika then cook for another 3 minutes so that all those flavors wake up. Add a splash of water if anything starts looking too dry.

Pour in the apple juice, molasses, maple syrup, orange juice, and Braggs and stir it all together until everything is well-combined. Make sure to scrape up any onions or spices that have stuck to the bottom of the pan. That's flavor baby. Now fold in the beans, salt, and pepper then let the pot come to a gentle simmer. Stir once more, then cover and place into the oven for 30 minutes. After 30 minutes, remove the lid and bake for another 10-15 minutes until the beans

are nice and thick. This part is all about texture so if you want the sauce around the beans thicker bake it for a little longer. It's up to you.

Let the pan sit for a few minutes before serving since it's hot as hell. Serve these beans over a slice of toasted bread, mashed potatoes, or a baked sweet potato with a side salad or the braised greens from Hungry as Hell. They are great made ahead of time and warmed up in the oven with $\frac{1}{2}$ cup water added to the pot to get them going.