

# WARM MEALS



## Baked Beans

1 cup beans  
4 cups water  
1/4 cup ketchup  
1/4 cup maple syrup

2 tbsp brown sugar  
2 tbsp molasses  
1 tsp Worcestershire sauce  
1/2 tsp salt  
1/8 tsp pepper  
1/8 tsp chili powder  
1 small onion, chopped

Place beans and water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 1 hour.

Preheat oven to 375°F.

Mix ketchup, maple syrup, brown sugar, molasses, Worcestershire sauce, salt, pepper, and chili powder.

Drain beans, reserving liquid. Place beans in a casserole dish and add onion and sauce.

Add enough reserved liquid to cover beans by 1/4 inch.

Cover and bake for 10 minutes. Reduce heat to 200°F and bake for 6 hours, stirring halfway.

Let stand 15 minutes before serving.

Can be made ahead and frozen.