

# SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

## *Maple Syrup Glazed Baked Beans*

- 1 Lb. Dried Beans, rinsed (about 2 Cups)
  - 10 Cups of Water
  - 2 Medium onions, diced
  - 8 Ounces Bacon, diced
  - 2 Garlic Cloves, minced
  - 2 Tbs. Olive Oil
  - 1 Cup Maple Syrup
  - 2 Tablespoons Dry Ginger
  - 1 Teaspoon Dry Mustard
  - 1 Teaspoon Salt
  - ½ Teaspoon Ground Black Pepper
1. Rinse and pick over the beans.
  2. Add triple their volume cold water.
  3. Boil one minute, cover pot, remove from heat.
  4. Allow to stand from 2 hours or longer.
  5. If desired, drain legumes and add fresh water for problems with flatulence.  
However, remember there are a lot of vitamins and minerals in the water.

Place beans in Dutch oven with 10 Cups of water and cover. Bring to a boil, reduce heat, keep covered, and simmer until beans are almost tender. (About 45 minutes)

Drain beans, *reserving* the cooking liquid.

### **Preheat Oven to 350 Degrees**

In the same Dutch oven, saute the diced bacon and onion until onions begin to soften (about five minutes). Stir in diced garlic, saute about 30 seconds more.

Mix together half of the reserved cooking liquid, the maple syrup, ginger, mustard, salt and pepper and add this along with the beans to the Dutch oven. Add enough additional cooking liquid to make mixture slightly liquid or stew-like, but still thick.

Cover and bake until beans are tender, about 2 ½ hours.

(8 servings)