

Easy Baked Beans

This baked bean recipe originally contained a lot more sugar. I found that if I cook the onions long and slow to caramelize them, you can get plenty of sweetness with just those and a little added molasses. These are really good, so pay attention to portion size. Even when its good for you, enough is enough. A good serving for me is the equivalent of around ½ can of beans (that is about two servings of carbohydrates). I serve these instead of bread or other starches.

1 onion, chopped

3-4 garlic cloves, pressed or minced

1 8-oz can tomato sauce

¼ cup cider vinegar

2 Tablespoons molasses

1 teaspoon dry mustard (or 1 Tablespoon of a good prepared mustard)

2 -3 cans beans, try pinto, aduki,, black beans, kidney beans, or Great Northern beans

Sauté the onion on low heat until very soft. Add pressed garlic and stir briefly before adding the rest of the seasonings. Cook and stir until well blended, then add beans. I like to simmer it an hour over low heat with the lid cracked to allow steam to escape.