



FINCH + FENNEL

Boston Baked Great Northern Beans

Great Northern Beans are what builds traditional Boston baked beans. Flavored with three sweeteners: maple syrup, brown sugar and molasses. Precook the Great Northern Beans to tender for proper results.

PREP TIME: 15 Minutes

COOK TIME: 180 Minutes

SERVINGS: 6

INGREDIENTS:

- 1½ Tbsp Olive Oil
- 1 Onion, chopped
- 4 c Great Northern Beans, cooked al-dente, drained,
with liquid reserved
- ½ c F+F Small Batch Vermont Maple Syrup
- ¼ c Brown Sugar
- ¼ c Molasses
- 1½ Tbsp Mustard Powder
- ¼ c Apple Cider Vinegar
- 2 tsp Kosher Sea Salt
- 1 tsp Ground Black Pepper
- F+F Fire Roasted Hot Sauce (optional)



DIRECTIONS:

1. Preheat oven to 325°F & lightly grease 2-quart casserole dish with olive oil.
2. Heat 1 tablespoon olive oil in large skillet over medium heat. Sauté onion until translucent. Gently stir in drained beans & mix well. Remove from heat & set aside.
3. In a small bowl, whisk together F+F Small Batch Vermont Maple Syrup, brown sugar, molasses, dry mustard, apple cider vinegar, salt & pepper with fork.
4. Layer half of the bean-onion mixture into the casserole dish & top with half of the syrup mixture. Repeat.
5. Add enough of the reserved bean-cooking liquid to cover the beans.
6. Cover & bake until beans are softened & flavors have infused, about 3 hours.
7. For a spicy twist to traditional Boston Baked Beans, add several dashes of F+F Fire Roasted Hot Sauce to beans & serve.

Enjoy!

