

hawaiian baked beans



ingredients (Servings: Serves 6)

- 1 1/2 lbs. Great Northern White Beans (white beans)
- 3 Tablespoons vegetable oil
- 2 large chopped onions
- 1/2 cup ketchup
- 4 Tablespoons mustard
- 2 cups bean water
- 2 Tablespoons tomato paste
- 1/2 cup maple syrup
- 2 Tablespoons brown sugar

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1/2 pineapple, cleaned, cored and sliced into 1-inch pieces

salt, to taste

pepper, to taste

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directions

step 1: Rinse and soak beans overnight for at least 12 hours.

step 2: Place in a large pot and cover by 3 inches with water and bring to a boil. Cook for 40 minutes until skins of beans begin to crinkle.

step 3: Remove from heat and strain. Save the water in a measuring cup or bowl.

step 4: Heat a sauté pan with the vegetable oil until hot. Add the onions and the brown sugar and sauté until the onions start to caramelize.

step 5: Add the ketchup, mustard, salt, pepper, maple syrup, tomato paste, and bean water. Stir to combine and bring to a boil. Add enough tap water to make 4 cups.

step 6: Place the beans and the sautéed onion mixture in an oven-proof baking dish. Add the 4 cups of bean water sauce. Stir to combine.

step 7: Bake covered in a 350-degree oven for 4 hours.

step 8: Remove from oven and spread the pineapple pieces across the top, replace cover, and continue baking for 1-2 hours more until beans are soft.

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