



SLOW-COOKER BAKED BEANS

For posters, activities and more, visit VermontHarvestoftheMonth.org



Slow-Cooker Baked Beans

ACTIVE: 15 MIN **SLOW-COOKER TIME:** 6 HRS ON HIGH OR 8 HRS ON LOW (not including 8-24 hours bean-soaking time) **TO MAKE AHEAD:** Cover and refrigerate for up to 3 days or freeze for up to 3 months; reheat before serving. **EQUIPMENT:** 5- to 6-quart slow cooker

This classic baked bean recipe is made simple by simmering in a slow cooker.

- | | |
|--|---|
| 1 large sweet or yellow onion, diced | 1/2 cup ketchup |
| 4 slices bacon, cut into 1-inch pieces | 1/4 cup pure maple syrup or light brown sugar |
| 3 tablespoons bourbon or low-sodium chicken broth | 2 tablespoons molasses |
| 1 pound dry navy beans or great northern beans, soaked | 1 teaspoon dry mustard |
| 3 cups low-sodium chicken broth | 1/4 teaspoon ground chipotle pepper or hot chili powder |
| | 1 tablespoon cider vinegar |
| | 3/4 teaspoon salt |

1. Cook onion and bacon in a large skillet over medium-high heat until the onion is starting to brown, 6 to 8 minutes. Reduce heat to medium-low and continue cooking until the onion is very soft, about 5 minutes more. Stir in bourbon (or 3 tablespoons broth) and cook for 1 minute, scraping up the browned bits. Set aside.
2. Drain and rinse the soaked beans; transfer to a 5- to 6-quart slow cooker. Stir in 3 cups broth, ketchup, maple syrup (or brown sugar), molasses, dry mustard and chipotle (or chili powder). Spoon the onion-bacon mixture on top of the bean mixture, but don't stir the two together. (The layer on top helps keep the beans submerged during cooking so they don't dry out). Cover and cook on High for 6 hours or Low for 8 hours. Stir in vinegar and salt just before serving.

SERVES 12: about 1/2 cup each

Calories 200, Fat 2g (sat 0g), Cholesterol 2mg, Carbs 35g, Total sugars 11g (added 9g), Protein 10g, Fiber 9g, Sodium 307mg, Potassium 535mg. Nutrition bonus: Folate (32% daily value), Potassium & Magnesium (15% dv).