



Katie's Easy Barbecue Beans Recipe

This recipe does require about 3 hours of bean prep. time

What You Need

- 1 Lb. Navy beans (dried)
- 1/4 Cup barbecue sauce (smoked flavor or your favorite)
- 4 Quarts water (divided)
- 1 Bermuda onion (halved)
- 2 Cloves garlic (minced)

1/2 Cup of pancake syrup (your favorite) or a ¼ of molasses

6 Bacon strips (uncooked)

1/2 Cup packed brown sugar

1 tsp. Mustard (powder dry)

1/4 tsp. Black pepper (ground)

Nonstick cooking spray

Colander

Large bowl

Large Saucepan with Lid, Dutch Oven, or Deep Skillet

2 ½ Quart Baking Dish with lid

Before You Start- Sort through the dry beans and remove any broken or discolored beans. Rinse well and drain in a colander. Put them in a large saucepan. Add a ½ Tbsp salt and enough water to cover well (about 2 inches) cover and let them soak for about 2 hours (until they have doubled in size).

Leave the beans in the saucepan (if the water is no longer covering the beans, add enough water to cover them by an inch.) Add onion and place over medium heat. Bring the beans slowly to boiling, stirring occasionally, remove from heat, cover, and let them soak for an hour (until beans are tender). Drain and reserve liquid.

Let's Make It! Preheat the oven to 325°, prepare the baking pan by spraying inside and sides with non-stick cooking spray.

In a large bowl combine prepared beans, 1/2 cup of reserved liquid, barbecue sauce, garlic, syrup, bacon, brown sugar, mustard, and pepper. Stir well to combine, pour into prepared baking dish, cover, and bake at 325° for 3 to 3-1/2 hours or until beans have reached your desired thickness, stirring occasionally (add more of the reserved liquid if needed) Remove strips of bacon before serving.

Serves 4-6

A great barbecue side dish, or serve with cornbread, or over toast, etc. no matter how you serve it, you will love it!

*Katie's Tid Bits - consider adding a ½ tsp. of your favorite hot sauce, like chipotle, or 4 drops of tabasco sauce or 1/2 Tbsp horseradish to add a bit more spice. Try using tomato sauce instead of barbecue sauce.