

Navy Beans in Home Made BBQ Sauce

1 1/2 Cup Dry Navy Beans - Soaked for 8 to 24 hours)
6 Cup Water
4 - Garlic Cloves

- ☐ To prepare the beans, soak them in a large bowl for 8 to 24 hours. Drain off soaking water and rinse well.
- ☐ Transfer beans to a 3-quart pot. Add water and garlic cloves. Bring to a boil.
- ☐ Reduce heat and simmer for 1 hour or until soft and cooked through.
- ☐ Drain beans, reserving the cooking liquid and set aside.

1 Tbsp Extra Virgin Olive Oil
1 - Small Onion, finely chopped
4 - Garlic Cloves - Crushed
1/4 Cup Tomato Paste
1/4 Cup Apple Cider Vinegar
1/4 Cup Pure Maple Syrup
1 Tbsp Black Strap Molasses
1 Tsp. Salt
1/4 Tsp. Chipotle Chile Powder (or more if desired)
1/2 Cup Reserved Bean Cooking Liquid

- ☐ Heat olive oil in a 6-quart pot over medium heat.
- ☐ Add onion and crushed garlic. Sauté for 5 to 7 minutes.
- ☐ In a small bowl, mix together tomato paste, vinegar, maple syrup, molasses, salt, chipotle Chile powder and bean cooking liquid.
- ☐ Add the drained beans and tomato mixture to the onion-garlic mixture and mix thoroughly to combine.
- ☐ Simmer, covered for 20 to 25 minutes, stirring occasionally. Add more bean cooking liquid if necessary.
- ☐ Taste and add more salt and/or chipotle Chile powder if desired.

Yield: 4 - 6 servings

Comments: 1) If short of time, use 3 cans of navy beans in place of the dried beans, water and garlic cloves.