



# Maple Baked Beans

## INGREDIENTS

- 1 small (or 1/2 medium) sweet yellow onion, diced
- Olive oil for sautéing
- 2 garlic cloves, minced
- 1 can tomato paste
- 2 Tbsp molasses
- 2 Tbsp apple cider vinegar
- 1/2 cup maple syrup
- 4 cups vegetable broth
- 1/2 tsp each of paprika, salt and pepper
- 1 lb. dried white beans (navy or great northern), picked over and rinsed

**PREP TIME: 20 MIN**  
**COOK TIME: 75 MINS**

@MICHELLEHOMESCHOLAR

## DIRECTIONS

In the instant pot, add olive oil and onion, and cook uncovered on Saute, stirring occasionally, until onions soften. Add garlic and cook another minute or so.

Add remaining ingredients, stir to combine and cook at High Pressure for 75 minutes.

Slow release pressure and serve.

\*\* If using a slow cooker/crock pot, soak beans overnight, drain and rinse, and combine all ingredients in crock. Cook on LOW for 6 - 8 hours.

## Instant Pot