



## **Slow cooked Boston baked beans**

Adapted from Art is the handmaid of human good blog  
Shared by Leonie Farrant

### **Ingredients**

500g dried navy, cannellini or kidney beans  
2 medium onions, grated  
1/3 cup molasses  
1/3 cup maple syrup  
1/4 cup tomato ketchup (or tomato paste)  
2 x 400g tins crushed tomatoes  
1 1/2 t smoked paprika  
1 T dry mustard  
1/4 to 1/2 t cayenne pepper  
2 T tamari sauce  
1 L vegetable stock  
Bourbon or rum (about 2 lugs), optional  
2 t cider vinegar  
1 t salt  
cracked pepper

### **Method**

1. Soak the beans in water for 5 hours or overnight. Drain them, place in a large pot, cover with water and bring to the boil and boil for 5 mins. Drain again and place in a slow cooker.
2. Whisk together the remaining ingredients and add to the beans. Add vegetable stock until beans are just covered. Cover and cook on low until the beans are very soft, 7-8 hours. Check periodically and add more liquid if necessary to keep the beans from drying out.
3. Serve straight from the pot or, if possible, cool and refrigerate for a day to allow flavours to develop then reheat to serve.
4. Serve slow cooked beans with a dollop of sour cream, or thick greek yoghurt.