

## SMOKY BAKED BEANS<sup>o</sup>



**SERVES:** 8 (approx. ½ cup each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 1 min.

**CONTAINER EQUIVALENTS** (per serving): 1 ½ ½



**1 Tbsp. + 1 tsp.** olive oil  
**¾ cup** chopped sweet onion (approx. 1 medium)  
**2 cans (8-oz. each)** all-natural tomato sauce, no salt or sugar added  
**1 Tbsp.** Worcestershire sauce, gluten-free, vegan  
**2 Tbsp.** all-natural liquid smoke (optional)  
**¾ tsp.** Dijon mustard  
**3 Tbsp.** blackstrap molasses  
**2 cans (15-oz. each)** cannellini beans, drained, rinsed  
Sea salt (or Himalayan salt) (to taste; optional)

1. Preheat oven to 325° F.
2. Heat oil in ovenproof medium saucepan over medium-high heat.
3. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add tomato sauce, Worcestershire sauce, liquid smoke (if desired), mustard, molasses, and beans. Season with salt, if desired; cook, stirring frequently, over medium-low heat, for 5 minutes.
5. Place saucepan in oven, uncovered. Bake for 45 to 50 minutes, or until sauce is thick.

### RECIPE NOTES:

- Maui and Vidalia are two varieties of onion that you can use.
- Colgin® is a brand of all-natural liquid smoke that you can use.
- Pure maple syrup can be substituted for molasses.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 128 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 499 mg Carbohydrates: 21 g Fiber: 4 g Sugars: 7 g Protein: 4 g

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