



Midwest Baked Beans (circa 1972)

Serves 10

Ingredients

- 1 cup chopped yellow onion, diced ¼ inch
- 2 Tbsp extra virgin olive oil
- ½ cup ketchup
- a few grinds of fresh black pepper to taste (I did 8)
- ¾ cup light brown sugar (use less if you don't want it too sweet)
- 1 tsp dry mustard
- 2 tsp red wine vinegar
- dash of tabasco or sriracha (Hot chili sauce)
- Dash of liquid smoke or hickory seasoning (Wright's makes a good concentrated type)
- 1 16 oz can vegetarian baked beans in sauce (Bush's is my fave)
- 1 16 oz can garbanzo beans, rinsed and drained
- 1 16 oz can red kidney beans, rinsed and drained
- 1 16 oz can butter beans, rinsed and drained
- 1 16 oz can black beans, rinsed and drained

Instructions

Preheat oven to 350. Sauté onion in olive oil until limp, about eight minutes. Mix sauteed onion with all five types of the beans.

Mix other ingredients (ketchup through liquid smoke) in a separate dish and taste your sauce - add more hot sauce or mustard if you like.

Oil a large porcelain casserole (I smeared it with coconut oil), pour the beans and sauce in, cover well with aluminum foil and bake mid oven for about an hour. Remove from the oven, stir and taste - season if needed with salt, pepper or hickory.

Cook's notes:

This dish stays hot a long time and is wonderful as a side dish for barbecued beef sandwiches, hamburgers and hotdogs or barbecued chicken.

When I want to kick it up a notch - I add some diced sautéed salami at the beginning.

In the winter I often make this as a main vegetarian dish and make a huge kale or cabbage salad with lots of vegetables for a meatless meal.