
Basic Baked Beans

Source: The Happy Vegan

Ingredients

- 2 medium onions, freshly minced
- 2 cloves of garlic, freshly crushed
- 1 TBS cold-pressed extra virgin olive oil
- 2 15-oz cans of cannellini beans, rinsed and drained (can sub for any other bean if preferred)
- 1 15-oz can or jar of tomato sauce (no other ingredients)
- ½ tsp of chili powder
- 1 TBS of pure maple syrup
- 1 TBS of apple cider vinegar
- 1 TBS low-sodium tamari sauce (or other low-sodium soy sauce, liquid aminos)

Directions:

1. Heat oil in a medium saucepan.
2. Add the onions and garlic for 3-5 minutes, stirring occasionally until translucent.
3. Add beans and stir to combine.
4. Add the rest of the ingredients and reduce the heat to low, simmering for 5-10 minutes until the sauce has reduced slightly and the flavors have blended together.
5. Serve homemade beans warm.