



[ThompsonsBeans.com](http://ThompsonsBeans.com)

## **Canadiana Baked Beans**

**Serves 8**

*An excellent source of thiamin, folate, iron & magnesium. A good source of niacin, Vitamin B6, phosphorous & zinc. A very high source of dietary fibre.*

- 15 ml (1 tbsp) vegetable oil (such as canola)
- 4 slices of bacon\* sliced
- 1 large onion, chopped
- ½ green pepper, chopped
- 1¼ L (5 cups) cooked White Beans, drained
- 5 ml (1 tsp) salt
- 1 (170 mL/6 oz) can of tomato paste
- 75 ml (1/3 cup brown sugar
- 50 ml (1/4 cup) maple syrup, dark corn syrup or molasses

### **Directions**

In a medium saucepan, heat oil over medium-high heat. Add bacon, onion and green pepper and cook until onions and pepper begin to soften. Transfer mixture into a 5-6 quart (6 L) casserole or bean pot. Add beans and mix. Combine tomato paste, salt, sugar and syrup or molasses and stir into bean mixture. Bake covered at 350° F (180°C) for about 1 hour or until heated throughout. Add water if necessary to give desired consistency. If more colour is desired, remove cover from casserole during last 15-20 minutes of baking. \*Vegetarian Alternative: Omit bacon

*Recipe compliments of OntarioBeans.on.ca*

### **Nutrition Facts per serving**

Energy 281 kcal, Fat 4 g, Carbohydrates 50 g, Protein 3 g,  
Total Dietary Fibre 6.6 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.

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