

Baked Black Beans

8 servings

- 150 g thick cut bacon, cut into bite-sized pieces (cook in 1 T oil)
- 1 bell pepper, diced
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- ½ tsp cayenne pepper
- 1 tsp dried oregano
- 2 tsp ground mustard (or 1 T Dijon)
- 1 tsp kosher salt
- 168 g ketchup
- 1 (400 g) can crushed tomatoes + 1 T tomato paste
- 2 T brown sugar
- ½ tsp black pepper
- 59 ml apple cider vinegar
- 125 ml molasses
- 3 (400 g) cans black beans or other beans, drained and rinsed



1. Preheat oven to **160°C**.
2. In a Dutch oven, cook the **bacon** over medium heat until it starts to brown.
3. Add the **bell pepper, onion, and garlic**. Cook the vegetables until they soften **about five minutes**.
4. Add the **chili powder, dried oregano, ground mustard, salt, pepper, and brown sugar**. Stir it all together and cook **another two minutes**.
5. Add the **apple cider vinegar, molasses, ketchup, canned tomatoes, and black beans**. Stir everything to combine and then add **water** until it just covers the beans (**about a 120 ml** depending on the size of the pot).
6. Transfer the pot, uncovered, to the preheated oven.
7. Bake the beans for **approximately one hour**, or until the sauce has thickened.

*Drain some of the liquid if it appears to be too much. It should be thick.