



Baked Beans Yankee-Style – (slightly sweet)

Prep: 15 minutes

Bake: 1 hour • Serves: 12

- 3 slices smoked bacon, cut into ½-inch pieces
- 3 cans (15 ounces each) great Northern beans or navy beans, undrained
- ½ cup chopped onion
- ⅓ cup packed brown sugar
- ⅓ cup maple syrup
- 1 tablespoon spicy brown or Dijon mustard
- ½ teaspoon ground black pepper

1. Preheat oven to 350°F. In large skillet, cook bacon over medium-high heat 7 minutes or until partially cooked, stirring frequently. With slotted spoon, transfer bacon to paper towel-lined plate to drain.

2. In medium bowl, stir remaining ingredients and bacon until well combined. Transfer bean mixture to 13 x 9-inch or 3-quart baking dish.

3. Bake 1 hour or until top is browned and sauce thickens.

Approximate nutritional values per serving:

*178 Calories, 1g Fat (0g Saturated), 1mg Cholesterol,
73mg Sodium, 35g Carbohydrates, 5g Fiber, 8g Protein*

Helpful *tips:*

> For a lower sodium alternative, try turkey bacon instead of pork bacon.

> When shopping for this recipe, look for beans labeled with “no salt added” or “reduced sodium.”