

BAKED BEANS

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Ingredients:

- 1 onion, finely chopped
- 1 red pepper (*or a combination of red, yellow and orange*), finely chopped
- 2 tablespoons vegetable oil
- 2 28 ounce cans of beans (*vegetarian or pork and beans*)
- 1/4 cup maple syrup
- 1/4 cup light brown sugar
- 1/4 cup ketchup
- 3 tablespoons yellow mustard
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon pepper

Preheat oven to 350 degrees.

Heat vegetable oil in a frying pan and add finely chopped onions. Sauté the onions until translucent but not brown and then add the chopped peppers. Sauté the peppers and onions for one or two minutes and remove from the flame.

In a large bowl, mix together the beans, maple syrup, brown sugar, ketchup, mustard, lemon juice, salt and pepper. Add the onion and pepper mixture and combine well.

Pour into a casserole dish and bake uncovered for approximately 30 - 40 minutes until the mixture bubbles and thickens slightly. Enjoy!

