

Recipe Details

Recipe Name - Baked Beans

Recipe Steps -

Ingredients

- 1 sweet onion, diced
- 4 cloves garlic, diced
- 1 cup pitted dates (made into date paste)
- 1/2 cup Ketchup
- 1 Tbsp Dijon mustard
- 1 Tbsp vegan Worcestershire sauce
- 4 (15oz) cans of navy beans, drained and rinsed, or 1 pound of navy beans soaked overnight
- 1/2 cup water

Instructions

- 1. Make date paste by bringing 2 cups of water to a boil
- 2. When water is boiling, add 1 cup (10) pitted dates, cover, and turn off the heat
- 3. Let sit for 10 minutes. Place 3/4 cup water and dates in a blender, and blend until smooth
- 4. For thinner date paste, add more date water or less water for thicker date paste
- 5. Add all ingredients to an instant pot. Cook on high pressure for 25 minutes, slow release for 20 minutes



