

## **Maple Bacon Baked Beans**

8 cups Maine cannellini beans (from The Beanery in Exeter)

1 1/2 pounds Sunset Acres Bacon - diced

Maine maple syrup to taste (approximately 3/4 - 1 c.)

1/2 teaspoons red chili flakes

1 large yellow onion, diced

Sea salt and pepper to taste

Soak beans overnight. Cook bacon in stock pot until lightly crispy. Add onions to bacon fat. Cook until soft. Add chili flakes and drained beans. Add three times water to beans. Bring to a soft boil and cook, uncovered, over medium flame for 2 1/2 - 3 hours. Should thicken nicely. Finish with maple syrup, salt, and pepper to taste.

148 calories; 4 g fat; 0 g saturated fat; 410 mg sodium; 21 g carbohydrate; 4 g fiber; 7 g sugars; 8 g protein; 0% vitamin A; 1% vitamin C; 1% calcium; 1% iron

*Recipe by Rae Hebert, Aurora Provisions.*