

## **Maine Baked Beans Recipe with Maple Syrup**

*Cornbread made with Maine cornmeal or biscuits are a great served alongside the beans.*

4 pounds dried beans, soaked overnight  
1 whole peeled onion  
1 whole apple  
1 1/2 cups maple syrup  
1 tablespoon salt  
2-3 ounce piece of salt pork or 1/4 cup Aroostook county canola oil  
Raye's mustard 1/4 cup  
hot water to cover.

Soak beans overnight. In a large electric turkey roaster, add all ingredients and water to cover. Cook at 300 degrees until soft, adding water as necessary. Depending upon beans, could be 8 hours or more.

Makes 25 servings

124 calories; 2 g fat; 0.5 g saturated fat; 0 mg cholesterol; 320 mg sodium; 29 g carbohydrate; 8 g fiber; 14 g sugars; 5 g protein; 0% vitamin A; 1% vitamin C; 5% calcium; 11% iron

*Cheryl Wixson's Kitchen is a non-profit organization dedicated to teaching people the joys and benefits of healthy eating and cooking utilizing regional products while supporting a sustainable environment. For more information, visit our website at:*

[www.cherylwixsonskitchen.org](http://www.cherylwixsonskitchen.org)