



Sparkle Kitchen

Cowboy Baked Beans

Ingredients

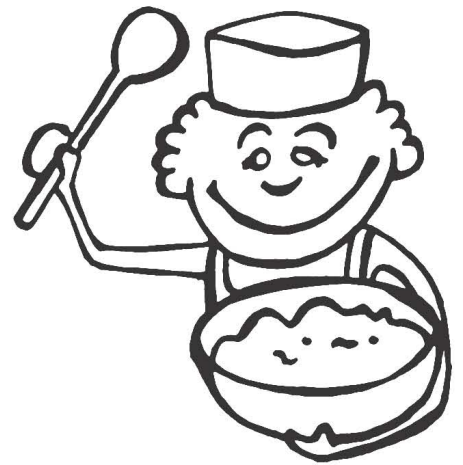
- 1 pot of cooked, no-soak beans (below)
- 3 slices bacon
- ½ onion
- 2 cloves garlic
- ¼ cup vinegar
- ½ cup barbeque sauce
- 1/3 cup ketchup
- 1/8 cup mustard
- 3 tablespoons honey
- 1 cup water

Directions

Preheat your oven to 375 degrees.

Chop the bacon into chunks, and put it in a dutch oven or large cast iron pot over medium heat. Dice the onion, add it to the bacon, and let the two cook together until the onions begin to go translucent. Dice the garlic and add it to the pot, too, letting it cook for about a minute before you add the vinegar. Then add the barbeque sauce, ketchup, mustard, honey and water, mixing well to incorporate them.

Bake in the oven, covered, for 30 minutes; then uncover and bake for an additional 15 minutes. We enjoy our baked beans — just a little fancier than the cowboys did — with grilled flank steak or burgers.



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No-Soak Beans Cooking Method

Preheat your oven to 250 degrees. Put about 1 pound of beans — pinto, kidney, black beans, or similar — in a dutch oven or cast iron pot, along with $\frac{1}{2}$ tablespoon of salt. Add enough water to cover by an inch or so, then put the beans on your stovetop and bring to a boil.

Once the beans are boiling, cover the pot, and carefully pop it in the oven for about an hour and 15 minutes. It's a good idea to check on them about halfway through so that you can top off the water if necessary. Then, drain the beans, and use in any recipe that calls for canned beans.