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Slow-Cooked Baked Beans

Ingredients:

Pinto beans, soaked in water for at least 7 hours 1/4 lb.
White beans, soaked in water for at least 7 hours 1/4 lb.
Light soy sauce, 2 tbsp
No-sodium added chicken broth, 2 cups
Apple cider vinegar, 1 tbsp
Sugar-free maple syrup, 1 tbsp
Brown sugar, 1 tbsp
Garlic, minced, 2 cloves
Salt and pepper to taste
Cumin powder, 1 tbsp
Chili powder, 1/2 tbsp
Onion powder, 1 tsp

Directions:

1. Rinse the beans.
2. Spray the crockpot with non-stick cooking spray.
3. Add in all the ingredients and stir. Cook on high for about seven hours or until the beans are soft.
4. Once the seven hours is up, turn off the crockpot and let the beans stand for about an hour prior to serving.