**whole plant foodie Baked Beans**

***Ingredients***

3 3/4 Cups Dry Romano Beans (900g bag)

2 Cups Veggie Stock 2 Cups Water

1 Diced Onion 1 Cup Molasses

2 TSP Salt (optional) 2 TSP Black Pepper

2 TBSP Mustard 4 TBSP Balsamic Vinegar

2 TBSP Liquid Smoke 4 TBSP Tomato Paste or Sauce

1/2 Cup *real* Maple Syrup 1 Cup Crushed Pineapple

*Directions*

1. In an Instant Pot put your dry beans, water and veggie stock. Allow the beans to soak at least one hour.
2. Add in the rest of the ingredient. Make sure the liquid level is at least slightly above the beans. Depending on how much liquid your beans absorbed, you may need to add more water to ensure the beans are submerged.
3. Close the pressure valve and cook on "Beans/Chili" setting for 90 minutes.
4. You can do a quick release by opening the pressure valve. Or you can leave it alone to naturally release the pressure and remain on "keep warm" until you are ready to eat.
5. These store great in the freezer for up to 4 months.

<https://www.wholeplantfoodie.com/instant-pot-baked-beans>

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