yields 12 – 15 servings

**INGREDIENTS**

1 large red onion  
3-4 cloves of garlic  
dried chipotle pepper (optional)  
1 1/2 Tbsp olive oil  
5-6 cups navy beans cooked and the liquid  
6 oz tomato paste  
1/4 cup molasses  
1/4 cup maple syrup  
1 Tbsp dry mustard  
1 tsp apple cider vinegar  
2-3 Tbsp smoked paprika  
1 tsp pepper  
1 1/2 tsp salt

**METHOD**

Preheat oven to 325 degrees F.

Finely chop the onion and garlic. Heat the oil in a pan and add the onion and garlic. Cook until beginning to brown around the edges.

Add the spices, cook for a few minutes, then add the other ingredients except the beans. Bring to a boil. Once boiling, carefully spoon in the cooked beans.

Brush a casserole dish with a little olive oil before adding the bean mixture. Bake for 45 minutes.