

Baked Beans

Ingredients

2 cups navy beans, drained and rinsed
1 small chopped onion
½ cup barbecue sauce (See recipe below.)

Preheat oven to 350 degrees. Saute onions in a sauce pan with a small amount of water to prevent sticking. In an 8 X 8 baking dish pour and stir in the beans, onions, and barbecue sauce. Bake 25 to 30 minutes.

Barbecue Sauce

Ingredients

15 oz can of tomato sauce
1/3 to 1/2 cup lemon juice, depending on the tartness you prefer
1/3 cup honey
1/4 cup tomato paste
1/4 cup apple sauce, unsweetened
3 tablespoons vegan worcestershire sauce or Braggs Liquid Aminos
4 teaspoons liquid smoke
1 teaspoon paprika
1 teaspoon garlic powder
1/2 teaspoon pepper
1/2 teaspoon onion powder

Whisk together in a sauce pan. Bring to a simmer over medium heat. Reduce heat to low and simmer uncovered for 20 minutes until the sauce has slightly thickened.

BBQ Jackfruit

Place in Crockpot:

2 cans organic jackfruit
¼ of chopped onion
¼ of a green pepper
1 C Heinz Carolina Tangy BBQ sauce

Cook on high 2 hours and reduce to low for another 3-4 hours. Stir regularly.