

# Quick & Easy Baked Beans: gluten free & dairy free

## **Ingredients:**

2 15.5oz cans navy beans

1/4 medium onion

2 tablespoons olive oil

2 teaspoons minced garlic

1/2 cup ketchup

1/2 cup packed brown sugar

1/4 cup maple syrup (or honey)

2 teaspoons Worcestershire

1 teaspoon salt

1/2 teaspoon pepper

## **Directions:**

Pre-heat oven to 350 degrees.

In a pan, heat oil over medium-high heat. Add onions and garlic. Cook until translucent, 4-6 minutes.

Add the rest of the ingredients and stir to combine. Cook an additional 3-4 minutes.

Transfer to a 9x9 pan and bake 18-20 minutes.