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# Baked Beans from Scratch

These baked beans from scratch are made by combining navy beans, molasses, and maple syrup to make this classic dish at home.

Submitted by **wkndyummychef** |

**Prep Time:** 10 mins

**Cook Time:** 7 hrs 20 mins

**Total Time:** 7 hrs 30 mins

**Servings:** 10

**Yield:** 5 cups

## Ingredients

1 cup navy beans, soaked overnight and drained - equivalent of 2 15oz cans

4 cups water

¼ cup ketchup

¼ cup maple syrup

2 tablespoons brown sugar

2 tablespoons molasses

1 teaspoon Worcestershire sauce

½ teaspoon salt

⅛ teaspoon ground black pepper

⅛ teaspoon chili powder

1 small onion, chopped

## Directions

### Step 1

Gather the ingredients.

### Step 2

Place beans in a large saucepan with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 1 hour.

**Step 3**

Preheat the oven to 375 degrees F (190 degrees C). Stir ketchup, maple syrup, brown sugar, molasses, Worcestershire sauce, salt, pepper, and chili powder together in a small bowl; set aside.

**Step 4**

Once beans have simmered for 1 hour, drain, and reserve cooking liquid. Pour beans into a 1 1/2-quart casserole dish; stir in chopped onion and molasses mixture. Stir in enough reserved cooking liquid so sauce covers beans by 1/4 inch.

**Step 5**

Cover and bake in the preheated oven for 10 minutes; reduce heat to 200 degrees F (95 degrees C) and cook 6 hours longer, stirring beans after they have cooked for 3 hours. Once beans are tender and sauce has reduced and is sticky, remove from the oven, stir, recover, and allow to stand 15 minutes before serving.

**Quick-Soak Option:**

Place navy beans into a large pot and cover with several inches of cold water; bring to a boil over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

**Nutrition Facts**

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Per serving: 122 calories; total fat 0g; sodium 196mg; total carbohydrate 26g; dietary fiber 5g; total sugars 12g; protein 5g; vitamin c 2mg; calcium 53mg; iron 2mg; potassium 364mg