

## Barbecue Not-Baked Beans



45 MIN

4 to 6 Servings

Easy

Ingredients

- 1 cup your choice of either dry pinto beans or red chili beans cooked, to yield 3 cups of beans. Learn how to cook dried beans here.  
Or 1 -1/2 cans organic beans, drained and rinsed (freeze the remainder for later use)
- 2 tablespoons olive oil
- 1 large onion, diced
- 2 large carrots, diced
- 2 celery ribs, diced
- 1 teaspoon garlic powder
- 1 tablespoon plus 1 teaspoon dry mustard powder
- 1 cup [barbecue sauce](#). Try our recipe or use your favorite.
- 1 cup apple butter\*
- salt to taste
- water to attain desired consistency

## Instructions

Using a 6-quart saucepan, heat 2 tablespoons olive oil on medium-high heat and add the onions along with a pinch of sea salt.

Cook the onions for up to 10 minutes, until they are rich and creamy. Add a little water if they begin to scorch. Stir regularly.

When the onions are well cooked add the garlic. Cook, stirring regularly, until you smell the lovely aroma of garlic, then add carrots and celery along with a pinch more sea salt. Cook till tender with the lid on, stirring occasionally.

Add the beans, barbecue sauce, apple butter, garlic powder, and mustard powder. Stir well.

Add water enough to give you the desired consistency.

Simmer for 20 to 30 minutes, stirring regularly but carefully so you don't mash up the beans.

## Variations on a Theme

- ½ teaspoon of chipotle powder gives this a lovely smokey, spicy flavor.
- For more heat, seed and mince one hot pepper of your choice. Add it when you add the garlic.
- ½ teaspoon red chili flakes will also give a nice little bite of heat. If you'd like those, add them in the beginning to the hot oil and then immediately add the onions. Don't let them burn!