



## Recipe Details

Recipe Name - Baked Beans

Recipe Steps -

### Ingredients

- 1 sweet onion, diced
- 4 cloves garlic, diced
- 1 cup pitted dates (made into date paste)
- 1/2 cup Ketchup
- 1 Tbsp Dijon mustard
- 1 Tbsp vegan Worcestershire sauce
- 4 (15oz) cans of navy beans, drained and rinsed, or 1 pound of navy beans soaked overnight
- 1/2 cup water

### Instructions

1. Make date paste by bringing 2 cups of water to a boil
2. When water is boiling, add 1 cup (10) pitted dates, cover, and turn off the heat
3. Let sit for 10 minutes. Place 3/4 cup water and dates in a blender, and blend until smooth
4. For thinner date paste, add more date water or less water for thicker date paste
5. Add all ingredients to an instant pot. Cook on high pressure for 25 minutes, slow release for 20 minutes

