



Noreen's Kitchen

Maple Bacon Pressure Cooker

Baked Beans

Ingredients

3 cups dry navy beans or white beans
6 cups water
1 pound bacon, cooked and chopped
1 medium onion, chopped
1 cup ketchup
1 cup maple syrup
1 cup molasses
2 tablespoons prepared mustard
1 tablespoon dry mustard

1 teaspoon onion powder
1 teaspoon garlic powder

After pressurization add:

1 teaspoon salt
1 teaspoon black pepper
2 tablespoons corn starch mixed with 1 cup water for thickening

Step by Step Instructions

NOTE: I am using an Elite 10 quart electric pressure cooker. Please consult the manufacturers instruction manual for your model to learn how best to set your particular model of machine for cooking this dish.

Wash and rinse your beans, picking over well, to make sure you remove any stones, rocks or broken beans or beans that otherwise look questionable.

Place beans in pressure cooker vessel with water.

Add in bacon, onion, ketchup, maple syrup, molasses, and spices. Do not add salt and pepper at this point. Save this for after pressurization.

Stir ingredients well and place in cooker sleeve. Set according to manufacturers instructions for your model of pressure cooker. I have a "Bean" setting that defaults to 40 minutes.

After machine has depressurized, check your beans for doneness. If the beans are still a bit hard, you will need to cook them under pressure for longer. Return the lid to your machine and seal properly and re-set for another 40 minutes.

After beans are done, add the salt and pepper and taste for sweetness etc. Add more of this or that to suit your preference.

If you enjoy a thicker consistency, mix 2 tablespoons of corn starch with 1 cup of water and drizzle into the beans. Stir well. The residual head from the beans should clear up the corn starch quickly and thicken the mixture just right.

ENJOY!