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## **Baked Beans**

Here's a summer recipe that's a perfect complement to grilled portobellos or veggie burgers. You can use canned beans to save time, or use dried navy beans to equal 3 cups cooked. If you use dried beans, save some of the cooking liquid to replace the liquid that evaporates during baking.

2 Tbs. olive oil  
1 medium onion, chopped fine  
1/4 cup molasses  
1 Tbs. prepared mustard  
2 Tbs. soy sauce  
2 Tbs. rum  
2 Tbs. brown sugar  
2-14 1/2 oz. cans navy beans, undrained

Sauté the onion in oil until transparent, about 5 minutes. Add all other ingredients except beans. Reduce heat and stir for another minute. Add beans (including liquid), mix well, and turn into casserole dish. Cover and bake at 350° for 1 hour.