

## Slow Cooker Maple Beans



*Are you a fan of the famous maple beans at sugar time? Here is a simplified version of the popular sugar shack recipe. It's so quick and easy, you'll be able to make them all year long!*

Preparation 5 min  
Cooking 360 min  
Servings 8  
Nutrition Facts (per serving)  
Calories 215  
Fat 1  
Carbohydrates 46  
Fibre 7  
Protein 8  
Sodium 280

### **Ingredients**

- 250 ml (1 cup) chicken broth
- 2 cans (540 ml) small white beans, drained and rinsed
- 60 ml (¼ cup) molasses
- 7.5 ml (½ tbsp) dry mustard
- 1 small yellow onion, finely chopped
- 5 ml (1 tsp) smoked paprika

- 80 ml (? cup) maple syrup

## Preparation

1. Place all ingredients in slow cooker and mix well with a spoon.
2. Cook for about 6 hours.

## Notes

Can be stored 4 days in the refrigerator and 6-10 months in the freezer in an airtight container.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City