

# SUPER EASY HOMEMADE BBQ BAKED BEANS

Serves 3-4

## Ingredients

1/2 small onion, diced  
1 TBS olive oil  
2 cans white beans, drained and rinsed  
1/2 C of your favorite BBQ sauce (go with a dark, thicker sauce if possible)  
1 TBS yellow mustard  
1 TBS brown sugar or coconut sugar  
3/4 - 1 TBS apple cider vinegar\*\*  
2 tsp BBQ rub/seasoning  
1 tsp salt (or more to taste)

## Directions

In a small saucepan, heat olive oil over medium and add onion.

Saute for 3-5 minutes, until the onion has softened, then add in beans, BBQ sauce, mustard, sugar, BBQ rub/seasoning and a 1/2 TBS apple cider vinegar (see notes below). Bring to a low simmer, stirring frequently, for 5-8 minutes.

Add the salt then taste it, this is when you can add more vinegar to taste if needed. If the dish tastes too bland, add a small amount more of vinegar, working your way up until you get the flavor you want.

This can be stored in the fridge for 2-3 days.

\*\*this depends on how vinegary your BBQ sauce is. The ACV brings the flavors out so you get a more well rounded dish. If your BBQ sauce has a lot of vinegar (like the Stubbs brand for instance), you'll need less. Start with 1/2 TBS of vinegar and work up from there to taste.

