

## Cariboo Crock Pot Beans with Birch Syrup

2 Lbs	Small white beans (or two 450ml bags)
12 Cups	Water
¾ Cup	Molasses
¼ Cup	Sweet Tree Birch Syrup
½ Cup	Brown sugar
½ Cup	Chopped onions
1½ Tsp	Salt
2 Tbsp	Dry mustard
2 Tbsp	Ketchup
¼ Cup	Thick sliced bacon, chopped into small pieces
	Olive oil

1. Soak beans in water for 8 hours or overnight. Use the stoneware dish from your crock pot if you wish.
2. Put stoneware back into crock pot base after soaking, cover and cook for 3 hours on Low.
3. Turn the crock pot off. Drain the beans, reserving 1 cup of liquid. Put the reserved liquid back into the stoneware with the beans and set it back into the crock pot base.
4. Heat a large frying pan on medium heat, and then add the olive oil and bacon. Cook until the fat on the bacon is rendered down. Drain the fat before adding the bacon to the stoneware.
5. Add the molasses, **birch syrup**, sugar, onions, salt, mustard and ketchup to the stoneware dish. Put the stoneware on the stove and cook 10 minutes on medium heat, mixing well as it cooks.
6. Insert stoneware into crock pot base and cook on Low for 10-12 hours, or on High for 6-8 hours.

Dish up with a salad made of greens and enjoy.

\* For a variation, try adding your favourite wieners.