SOUTHERN BAKED BEANS (Adapted from Edna Lewis's *The Taste of Country Cooking* [1976] by *Washington Post* Food and Dining Editor Joe Yonan; appeared in *WP* 4/10/24) (8 servings)

INGREDIENTS

1 pound dried navy beans or other white beans, soaked overnight and drained
4 cups water
1 medium yellow or white onion (8 ounces), chopped
1/4 cup liquid aminos, such as Bragg's, or less*
2 tbsp tomato paste, preferably double concentrated
1 teaspoon Spanish smoked paprika (pimenton)
1 teaspoon freshly ground black pepper
1 teaspoon mustard powder
Fine salt

*Editor's Note: Sodium-conscious cooks might want to adjust the amount of liquid aminos. The amount given comes to 465 mg of sodium per serving.

DIRECTIONS

Soak the beans for 8-12 hours before starting to cook.

In a 6-quart Instant Pot or other multi-cooker, combine the beans with the water, onion, aminos, tomato paste, smoked paprika, black pepper and mustard.

Secure the lid on the pot and close the pressure valve. Select PRESSURE (HIGH) and set to 30 minutes. (It takes about 10 minutes for the appliance to come to pressure before cooking begins.) Once cooking is complete, cover your hand with a towel or hot pad and release the pressure manually by moving the pressure-release handle to "Venting." Never put your hands or face near the vent when it's releasing steam.

Taste the broth, and season with more aminos and/or salt, if needed. Serve hot.

Variations:

You may substitute cannellini, Great Northern, cranberry/borlotti or pinto beans for the navy beans.

You may substitute coconut aminos, low-sodium tamari or soy sauce for the liquid aminos.

Editor's Note: You can adapt this recipe to stovetop preparation, or baking in a casserole dish on a low setting (250 degrees about 2 hours). Instructions are not given here.

Here's the introduction that accompanies this recipe in the *Washington Post* article:

"This veganized version of Edna Lewis's baked beans recipe from her classic, 'The Taste of Country Cooking,' uses onion and tomato for a touch of sweetness, and the Instant Pot for speed. With just a few ingredients, the beans become infused with a deeply savory flavor that makes them great with crusty bread and a green salad, over rice or a starchy vegetable, or wrapped in tortillas. This recipe was tested in a 6-quart Instant Pot."

