

Cajun Sticky Beans



This recipe is sweet, tangy and utterly delicious! It contains lots of dark sugar and some chillies (we used our [Smoky Chilli](#) blend but you can use chipotle chillies). It is also very rich, so serve as a side dish with barbecued meat and/or a big salad, or on its own with rice or a flatbread. Add a squeeze of lime to taste. **serves 4-6 as a side dish**

- 500g uncooked white or pinto beans
 - 1 large onion, peeled and halved
 - 2 bay leaves
 - 125ml maple syrup
 - 100g dark muscavado sugar
 - 1 tbsp black treacle
 - 1 tbsp chipotle chillies, ground or flaked (or a carton of our Smoky Chilli blend!)
 - 1 tsp salt
 - 1 tbsp worcester sauce
 - 1 tbsp mustard
 - 600 ml water
 - 250g chopped smoked bacon
 - 2 tbsp vinegar
 - lime juice, to serve
1. Soak the beans overnight in plenty of water.

2. Next morning change the water then add the onion and bay leaves. Bring to the boil and simmer until the beans are tender. Drain and discard the onion and bay leaves.
3. In a big oven-proof pot add all the ingredients except the bacon and beans and bring to the boil slowly so that the sugar is fully dissolved. Add the other items and place in a low oven or slow cooker for several hours, checking every so often that it hasn't dried out. If it has, add a little water.
4. Serve with a wedge of lime.