

Boston Baked Beans



As the weather gets cooler, you'll want to curl up to this hearty meal.

Ingredients

1 kg smoked ham hocks
400 g canned cannellini beans, drained
420 g can tomato soup
1/4 cup pure maple syrup

Method:

1. Place all the ingredients in a slow cooker and season generously. Note, the hocks will have a thick skin; this is near impossible to remove until after being slow cooked.
2. Into the can of soup, add ½ cup (125mL) water, swirl to remove all the soup and pour into the cooker, stir to combine.

3. Cover and cook on low for 6 to 8 hours. Remove the hocks, peel back the skin, shred the ham from the bone, discard skin and bones and return the meat to the slow cooker. Stir through before serving.