

Luau Baked Beans

3 cans Vegetarian Baked Beans (I like 365 Organic Baked Beans.)

1 C chopped Onion

1 1/2 C Brown Sugar (preferably dark, but light is fine too)

3/4 C Catsup

1 1/2 Tbsp. Apple Cider Vinegar

1/2 C Crushed Pineapple, drained

1/4 C Bac-uns Fake Bacon Bits

2 Tbsp. Yellow Mustard

Dash Liquid Smoke (optional)

Preheat oven to 350 degrees. Mix all ingredients together and spread into a greased casserole dish. Bake for about 75-90 minutes.