Baked Beans

**Ingredients:**
- 4 to 5 medium tomatoes, diced
- 1 onion, diced
- 1 sweet, crisp apple (e.g. Fuji, Gala, or Honeycrisp), skin on and diced
- 3 cloves garlic, minced
- 3 Tablespoons honey
- 2 Tablespoons apple cider vinegar
- ½ Tablespoon Tamari or soy sauce
- ½ teaspoon balsamic vinegar
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- Pinch of pepper
- 1 bay leaf
- 3 – 15-ounce cans pinto beans, drained and rinsed

**Instructions:**
1. Add all of the ingredients except for the beans to a saucepan or high-sided skillet. Cover and simmer for about 25 to 35 minutes. Stir occasionally making sure that the sauce does not boil or stick to the pan.
2. Once all of the ingredients have softened enough to blend, remove from heat, remove the bay leaf, and blend using an immersion blender or by pouring into a blender.
3. On medium low heat, stir drained beans into the blended sauce for about 5 minutes or until the beans are warmed through.
4. Enjoy warm!

Cole Slaw

**Ingredients:**

*For the slaw:
- 1 small head green cabbage, grated (about 8 cups)
- 4 medium carrots, grated (about 2 cups)
- 1 bunch scallions, thinly sliced
- 2 green apples, unpeeled, cored, and sliced into matchsticks

*For the vinaigrette:
- ¼ cup apple cider vinegar
- ⅛ cup olive oil
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 teaspoon salt
- ½ teaspoon pepper

**Instructions:**
1. Combine all of the slaw ingredients in a large bowl.
2. In a smaller bowl, stir together vinaigrette ingredients.
3. Pour the dressing over the slaw and mix well. Let sit or refrigerate until ready to serve!