

# Maple-BBQ Franks 'n Beans

Recipe By *Miriam Pascal*



Cooking and Prep:  20  
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Serves:  5

No Allergens

Preference: Meat

Difficulty: Easy

Source: Family Table by  
Mishpacha Magazine

The alternative (much longer) title for this recipe is “I-need-to-get-supper-on-the-table-in-10-minutes-and-I-need-to-know-that-my-kids-will-eat-it franks ’n beans.” But seriously, this super kid-friendly dish is packed with flavor in just minutes of cooking!

## Ingredients (6)

### Main ingredients

- oil, for frying
- 1 (12-oz./340-g.) package hot dogs, cut in 1/2-inch (1-centimeter) slices
- 2 (16-oz./450-g.) cans vegetarian baked beans
- 1/4 cup **Gefen BBQ Sauce** or other barbecue sauce
- 1/4 cup maple syrup (**Gefen Honey** can be used if necessary)
- 1 tablespoon bourbon (*optional, but highly recommended*)

## Start Cooking

### Prepare the Franks 'n Beans

1. Heat oil in a large frying pan over high heat. Add hot dogs and cook for about 4–5 minutes, stirring occasionally, until browned on the sides.
2. Add remaining ingredients, reduce heat, and simmer for about 10 minutes, until the sauce is thickened and reduced.
3. Serve over toast or with crackers, for dipping.