

Baked Beans (Makes 3 servings)

Recipe adapted from Cooks.com by the USDA



Ingredients:

1 can (15 oz.)	Low sodium vegetarian beans
2 tsp.	Oil
½	Onion, chopped
½	Green pepper, chopped
2 tsp.	Plain yellow mustard
2 tsp.	Ketchup
¼ cup	Brown sugar

Directions:

1. Heat oil in a large skillet. Cook onions and green peppers until tender.
2. Add vegetarian beans, mustard, ketchup, and brown sugar. Stir to combine.
3. Heat for 2 to 3 minutes on medium heat until heated through.

Approximate nutrient content may vary depending on products used: Calories: 180; Total fat: 3 g; saturated fat: 0 g; Sodium: 180 mg; Carbohydrate: 38 g; Fiber: 5 g; Protein: 5 g



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