

Not Your Basic Baked Beans

Makes: 3 Servings

This is a delicious way to use low-sodium canned beans. In baked bean dishes, they taste terrific.

Ingredients

- 1 can** low-sodium vegetarian beans (undrained, about 15 1/2 ounces)
- 2 teaspoons** vegetable oil
- 1/2** onion (chopped)
- 2 teaspoons** spicy mustard or plain yellow mustard
- 2 teaspoons** ketchup
- 1/4 cup** brown sugar add (or regular sugar)

Directions

1. In skillet, heat oil and cook onions, and green peppers until tender.
 2. Add vegetarian beans.
 3. Add mustard, ketchup, and brown sugar; stir.
 4. Heat for 2 to 3 minutes on medium heat.
- Recipe adapted from Cooks.com.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	3 g	
Protein	5 g	
Carbohydrates	38 g	
Dietary Fiber	5 g	
Saturated Fat	0 g	
Sodium	180 mg	