

Not Your Basic Baked Beans

Adapted from MyPlate Kitchen

Ingredients:

- 1, 15.5 oz can of low-sodium vegetarian beans, undrained
- 2 tsp. oil
- ½ onion, chopped
- 1 green pepper
- 2 tsp. mustard
- 2 tsp. ketchup
- 1 Tbsp. brown sugar

Instructions:

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.

Nutrition Facts

3 servings per container
Serving size 1/2 cup (238g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 41g	15%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 5g Added Sugars	10%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4mg	20%
Potassium 666mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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