

BBQ Baked Beans

Ingredients

- 2 cups canned pinto beans, low sodium
- 2 tbsp onion, chopped
- 1/4 tsp yellow mustard
- 4 tsp light brown sugar, packed
- 4 tsp ketchup, low sodium
- 2 tbsp barbecue sauce
- 2 tsp garlic

Directions

1. Drain beans then pour into a bowl.
2. Combine onions, mustard, brown sugar, catsup, BBQ sauce, and garlic. Stir until blended.
3. Divide mixture between pans and cover. Bake at 325°F for 1 hour and 15 minutes. (Remove cover during the last half hour to brown the beans).

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 96 calories, 0.60 g fat, 0.12 g saturated fat, 164 mg sodium, 20.02 g carbohydrate, 3.20 g fiber, 4.1 g sugar, 3.46 g protein

