

Bean Medley

Ingredients

- 1/2 tsp onion
- 1/2 tsp garlic
- 1/2 cup water
- 1/8 tsp chicken base
- 1/8 tsp chicken base, low sodium
- 1/4 cup + 4 tsp canned black beans, low sodium
- 1/4 cup + 4 tsp canned pinto beans, low sodium
- 1/8 tsp kosher salt
- 1/8 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp italian seasoning

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 37 calories, 0.24 g fat, 0.06 g saturated fat, 108 mg sodium, 6.7 g carbohydrate, 2.29 g fiber, 0.0 g sugar, 2.23 g protein

Directions

1. Chop onions and mince garlic.
2. In a 4 inch deep dish, combine all ingredients and mix until everything is incorporated.
3. Cover with foil and bake in a 350°F oven for 45 minutes or until internal temperature reaches 165°F.

