

Three Bean Baked Beans

Using three types of beans adds color and flavor to this baked bean dish. May be made with only one kind of bean too!

Serves: 10; Serving size: $\frac{3}{4}$ cup

INGREDIENTS

1 cup chopped sweet onion
2 cloves garlic, finely chopped
2 Tbsp oil
1 can (14.5 oz.) diced tomatoes (do not drain)
2 cans (4 oz. each) tomato sauce
 $\frac{1}{4}$ cup firmly packed brown sugar
 $\frac{1}{4}$ cup molasses
1 Tbsp yellow mustard
 $\frac{1}{4}$ tsp. ground black pepper
2 (15 oz.) cans Great Northern beans, drained and rinsed
1 (15 oz.) can black beans, drained and rinsed
1 (15 oz.) can kidney beans, drained and rinsed
1 bay leaf (optional)

DIRECTIONS

Preheat oven to 350F. Heat oil in a skillet over medium heat. Add onions and cook until tender, about 5 minutes. Add garlic to onions and cook until fragrant, about 30 sec., stirring occasionally. Add the diced tomatoes, tomato sauce, brown sugar, molasses, mustard, and black pepper to the beans. Add bay leaf (if using). Bake in a covered 3-quart baking dish, stirring occasionally (about once every 20 min.) for 60-70 min. Remove the cover and bake an additional 15-30 min until sauce is thick. Remove bay leaf and serve. Recipe courtesy of The Bean Institute (beaninstitute.com)

NUTRITION FACTS per serving

Calories	258 kcal
Total Fat	4 g
Protein	12 g
Cholesterol	0 mg

Cost per recipe ~ \$ 7.00 (10% tax sale included)

Cost per serving ~ \$ 0.70 (10% tax sale included)

(Cost is based on prices of the less expensive brands, at the low prices stores such as Walmart or Aldi. Cost do not include any condiments such as yellow mustard, garlic cloves, cooking oil, salt, peppers or other seasonings that would not significantly change the cost).