

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!

Makes 10 servings; serving size is $\frac{3}{4}$ cup

- 1 cup chopped sweet onion
- 2 cloves garlic, finely chopped
- 2 tablespoons oil
- 1 can (14.5 oz) diced tomatoes (do not drain)
- 2 cans (4 oz. each) tomato sauce
- $\frac{1}{4}$ firmly packed brown sugar
- $\frac{1}{4}$ cup molasses
- 1 tablespoon 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)

Preheat oven to 350 F. Heat oil in a skillet over medium heat. Add onions and cook until tender, about 5 minutes. Watch and stir occasionally. Add garlic to onions and cook until fragrant, about 30 seconds, stirring occasionally. In a large bowl, mix together the diced tomatoes, tomato sauce, brown sugar, molasses, mustard, and black pepper. Mix in beans and bay leaf (if using). Bake in a covered 3-quart baking dish, stirring occasionally (about once every 20 minutes) for 60-70 minutes or until beans are heated throughout. Add a small amount of water if necessary. After this time, remove the cover and bake an additional 30 minutes until sauce is thick. Remove bay leaf (if using) and serve.

Nutritional information:

Calories: 258

Total Fat: 4 grams

Protein: 12 grams

Cholesterol: 0 milligrams

Recipe courtesy of The Bean Institute (beaninstitute.com)