

Baked Beans

Makes 4 Servings, about 3/4 cup, each

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

3 cups canned vegetarian beans

1/4 cup catsup

2 tbsp. brown sugar

Directions

1. In small (1-quart) casserole dish, combine beans, catsup, and brown sugar.
2. Cover and bake at 350° F until bubbly, about 30 minutes.

Nutrition Content Per Serving:

Calories: 220

Total Fat: 1 g

Saturated Fat: Trace

Cholesterol: 0 mg

Sodium: 937 mg

