

Outrageous Baked Beans

Serves 6-8 (Makes about 3 ½ cups)

Prep Time: 15 min

Cook Time: 30 min

INGREDIENTS

1 tbsp olive oil
1 cup onion, diced
½ c green bell pepper, diced
1 tbsp garlic, minced

1/3 c apple cider vinegar
2 15 oz cans pinto beans, drained, rinsed
1 c canned crushed tomatoes
½ c brown sugar
3 tbsp Worcestershire sauce
2 tbsp prepared yellow mustard
1 tbsp Tabasco sauce
Salt and pepper to taste
1 jalapeno, sliced into rings

METHOD

Preheat oven to 400°F. Sauté onion and bell pepper in oil in a large ovenproof sauté pan or cast iron skillet over medium heat. Cook until vegetables are soft, about 8 minutes, then add garlic and sauté 1 minute.

Deglaze with vinegar, then stir in remaining ingredients. Bring beans to a simmer, then transfer pan to the oven, and bake for 20 minutes or until bubbly.

Garnish beans with jalapenos.

Recipe courtesy Cuisine at Home.

Nutritional Information:

Per 1 cup serving: 360 calories, 72% calories from fat, 4 g total fat, 70g carb, 349mg sodium, 12g fiber, 12g protein