

Blackstrap Beans

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 4+

Serving Size: ¼ of recipe

Ingredients:

1 large yellow onion, chopped	½ teaspoon salt
1 green bell pepper, chopped	½ teaspoon black pepper
3 cloves garlic, minced	2 cups cooked beans of choice*
1 (14.5-ounce) can diced tomatoes	(Great northern, cannellini, pinto, kidney or a combination all work great here.)
½ cup vegetable stock	
¼ cup blackstrap molasses	
1 ½ tablespoons apple cider vinegar	
1 tablespoon Worcestershire sauce	
1 teaspoon spicy brown mustard	

Directions:

1. Place a large, heavy pot over medium-high heat and add the onions, garlic, bell pepper, and ¼ cup veggie stock.
2. Sauté veggies for 6-8 minutes or until tender, stirring often.
3. Add all remaining ingredients and stir well to combine, then decrease heat to medium-low and simmer, uncovered, stirring occasionally, until the mixture begins to thicken, about 20 minutes.
4. Serve hot!

Tips and Tricks:

This makes a great side dish to your favorite BBQ dishes. Or turn it into a main dish by pouring it over a baked potato or creamy polenta. Just add some Braised Garlic Greens or Crispy Kale and you are good to go!

*From 1 cup dry or use 1 ½ (15-ounce) cans.

Nutritional Information Per Serving:

Calories: 259
Fat: 0.5 g
Cholesterol: 0.0 mg
Sodium: 505 mg
Total Carbohydrate: 52.8 g
Dietary Fiber: 8.3 g
Sugars: 3.7 g
Protein: 11.2 g