



STRONG Heart Program Recipe-of-the-Month

Eight-Flavor Baked Beans

Recipe Adapted from 500 Fat Free Recipes Cookbook
Ingredients compliments of Lori's Natural Food Store

Ingredients:

¼ cup water, reduced sodium chicken broth, reduced sodium vegetable broth, or wine
1 medium onion, chopped
2 cloves garlic, minced
1 cup chopped fresh or low-sodium canned tomatoes, drained
¼ cup brown sugar, firmly packed
2 tablespoons cider vinegar
1½ teaspoons dry mustard
1 teaspoon ground paprika
¼ teaspoon ground ginger
pinch of cayenne pepper
4 cups cooked or canned navy beans, drained and rinsed

Directions:

1. Preheat oven to 325° F.
2. Heat water, broth, or wine in a large, heavy pot over medium heat. Add onion and garlic and cook, stirring, over medium heat for 5 minutes. Add more water during this process if necessary.
3. Add tomatoes, sugar, vinegar, mustard, paprika, ginger and cayenne. Simmer for 10 minutes.
4. Place sauce and beans in a 1 ½ quart oven-proof casserole and bake, covered, for 45 minutes.
5. Remove cover and bake for 15 additional minutes.

Servings: 6 servings **Serving Size:** 1 cup

Nutrition Information: 228 calories, 1g fat, 0g sat fat, 0mg cholesterol, 22mg sodium, 40g carb, 7g fiber, 11g protein.