

Vegan Calico Beans

To keep this recipe quick and convenient, canned beans were used. Look for the lowest sodium baked beans you can find and very low sodium canned black and kidney beans to insure the sodium stays at or below 200 mg a serving.

Ingredients

- 1 medium onion chopped
- 1/2 teaspoon garlic powder
- pepper to taste
- 2 (1 pound) cans Vegetarian Baked Beans (Sodium less than 450/serving)
- 1 can black beans, drained & rinsed (less than 85mg sodium/serving)
- 2 cans kidney beans drained and rinsed (less than 85 mg sodium/serving)
- 2 pounds frozen Lima Beans or shelled Edamame
- 1/4 cup brown sugar
- 1 tablespoon Worcestershire sauce
- 1 – 8 oz cans No Salt Added Tomato Sauce
- 2 teaspoons Tabasco Sauce
- 1 Tablespoon liquid smoke

Directions

1. Place all ingredients in a slow cooker. Cook on Low for 4 – 6 hours. Stir occasionally.



Nutrition Facts	½ cup
Serving Size	
Servings per recipe	16
Calories	230
Total Fat	0 gm
Saturated Fat	0 gm
Trans Fat	0
Cholesterol	0 mg
Sodium	200 mg
Potassium	790 mg
Carbohydrates	45 gm
Total sugar	12 gm
Added sugar	6 gm
Fiber	12 gm
Protein	12 gm



Essentia Health

Heart & Vascular Center