



Slow-Cooker Fake-Baked Beans



1/10th of recipe (about 3/4 cup): 178 calories, 0.5g total fat (0g sat. fat), 432mg sodium, 37g carbs, 8.5g fiber, 13g sugars, 8g protein

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Prep: 20 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



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Ingredients

One 6-oz. can tomato paste
1/4 cup molasses
2 tbsp. cider vinegar
1 tbsp. yellow mustard
1 tsp. chopped garlic
1/2 tsp. salt
One 15-oz. can black beans, drained and rinsed
One 15-oz. can pinto beans, drained and rinsed
One 15-oz. can red kidney beans, drained and rinsed
3 cups finely chopped onion
2 cups finely chopped red bell pepper
1 cup finely chopped Fuji or Gala apple

Directions

In a medium bowl, combine tomato paste, molasses, vinegar, mustard, garlic, and salt. Mix until smooth and uniform.

Place all remaining ingredients in a slow cooker. Add tomato mixture, and stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

Stir well before serving.

MAKES 10 SERVINGS

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