



Vegetarian Baked Beans

Makes 6 servings

Ingredients

Cooking spray
1 large onion, diced
Two 14.5-ounce cans navy beans, rinsed and drained
1 cup gluten-free vegetable broth
¼ cup no-salt-added ketchup

¼ cup low-calorie brown sugar blend
1 tablespoon gluten-free lower-sodium soy sauce
1 tablespoon Dijon mustard
1 teaspoon garlic powder

Instructions

1. Preheat the oven to 350 degrees.
2. Coat an 8-inch baking pan with cooking spray. Set aside.
3. Mix all the ingredients in a large bowl.
4. Pour into prepared baking pan.
5. Cover and bake for 45 minutes.
6. Uncover and bake an additional 30 to 40 minutes or until thickened.

Nutrition Facts

Serving size: ½ cup; calories: 175; fat: .04g; saturated fat: 0.1g; cholesterol: 0mg; sodium: 475mg; carbohydrates: 36g; dietary fiber: 9g; protein: 7g; sugar: 9g; potassium: 485mg

Recipe adapted from www.diabetes.org

