

Oniony Baked Beans

Integrated Marketing Services, Apopka, FL

Servings: 6

Preparation Time: 10 minutes

Cook time: 40 minutes

1 tablespoon canola oil

1 medium onion, finely chopped

1 clove garlic, minced

2 tablespoons light brown sugar

1 teaspoon chipolte seasoning

1 can (28 oz) vegetarian baked beans

Preheat the oven to 325 degrees.

In a large nonstick skillet, heat the oil over medium-high heat.

Add the onion. Saute' for 4 minutes or until golden.

Add the garlic. Saute' for 1 minute.

Stir in the brown sugar and chipolte seasoning.

Add the beans. Stir to combine.

Coat a 2-quart baking dish with nonstick cooking spray.

Transfer the bean mixture to the baking dish.

Cover and bake for 30 minutes or until bubbly.

Let stand 5 minutes before serving.

Per Serving (excluding unknown items): 39 Calories; 2g Fat (51.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.