

Summer's Best BBQ Beans

All-Time Favorites Cookbook Volume 3 (2008)

Better Homes and Gardens Magazine

Servings: 10

nonstick cooking spray

1 medium (1/2 cup) onion, halved and thinly sliced

1 medium (3/4 cup) red or green sweet pepper, seeded and chopped

2 large (2 cups) ripe tomatoes, chopped

3 cans (15 to 16 ounce ea) kidney beans, rinsed and drained

1 can (8 ounce) tomato sauce

1 can (8 ounce) crushed pineapple, undrained

1 tablespoon molasses or maple syrup

1 tablespoon Worcestershire sauce

flat-leaf Italian parsley sprigs (optional)

Lightly coat a four-quart saucepan or Dutch oven with cooking spray. Heat over medium heat. Add the onion and sweet pepper. Cook and stir for 5 to 10 minutes or until tender.

Stir the tomatoes, beans, tomato sauce, undrained pineapple, molasses and Worcestershire sauce into the onion mixture. Bring to boiling and reduce the heat. Simmer, covered, for 10 minutes. Uncover and simmer for 10 minutes more or until the desired consistency.

To serve, transfer to a serving bowl. Let stand for 5 to 10 minutes before serving (the sauce will thicken as it stands).

Garnish with Italian parsley sprigs.

Per Serving (excluding unknown items): 217 Calories; 1g Fat (2.5% calories from fat); 14g Protein; 41g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	217	Vitamin B6 (mg):	.3mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	24.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	227mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
			0mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 41g
Dietary Fiber (g): 15g
Protein (g): 14g
Sodium (mg): 179mg
Potassium (mg): 981mg
Calcium (mg): 91mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 409IU
Vitamin A (r.e.): 41 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1
Vegetable: 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 217 **Calories from Fat:** 5

% Daily Values*

Total Fat 1g			1%
Saturated Fat	trace		0%
Cholesterol	0mg		0%
Sodium	179mg		7%
Total Carbohydrates	41g		14%
Dietary Fiber	15g		59%
Protein	14g		
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Vitamin A			8%
Vitamin C			24%
Calcium			9%
Iron			28%

* Percent Daily Values are based on a 2000 calorie diet.