

## 10-Minute Baked Beans

1 can pinto beans (15 ounces)  
 3 tbsp. brown sugar  
 2 tbsp. dried onion flakes  
 ¼ cup barbecue sauce

1. Drain and rinse beans.
2. Combine all ingredients in a medium saucepan.
3. Bring to a boil.
4. Cover, reduce heat, and simmer 5 minutes.
5. Uncover and cook 5 additional minutes.

Yield: 4 servings

Per serving: Calories 128; Fat 0.6g; Saturated fat 0.1g;  
 Protein 6.3g; Carbohydrate 25.1g; fiber 2.6g, Cholesterol  
 0mg; sodium 148mg



Source: Kate Shumaker's Kitchen

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