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Stovetop Vegetarian Baked Beans

Yield: 8 servings, 2/3 cup each

Beans are an excellent source of meatless protein and fiber. This bacon- and pork-less version of a cherished side dish makes use of canned beans—no overnight soaking necessary. Spiked with apple-cider vinegar, Worcestershire and a little ketchup, this is one of the easiest—not to mention one of the tastiest—baked beans ever.

Ingredients

- 2 T. vegetable oil
- 1 c. chopped celery
- 1 c. chopped onion
- ½ c. chopped red bell pepper
- ½ c. chopped green bell pepper
- ½ c. apple-cider vinegar
- ½ c. sugar

- ½ c. ketchup
- ¼ c. Worcestershire sauce
- 1½ t. smoked paprika
- ½ t. salt
- ¼ t. pepper
- 1 can (15¾ oz.) black beans, drained, rinsed
- 1 can (15¾ oz.) navy beans or black-eye peas, drained, rinsed
- 1 can (15¾ oz.) pinto beans, drained, rinsed
- 1 can (8 oz.) whole-kernel corn, drained, rinsed

Directions

1. In a large saucepan, add the oil. Sauté the celery, onion and bell pepper until soft, about 4 minutes.
2. Add the remaining ingredients and stir well. Bring to a simmer and cook for 30 minutes. (Add up to ¼ c. water if the beans become dry.) Serve baked beans warm or cold.

Nutrition Information per Serving

289 calories; 11 g. protein; 4 g. fat (1 g. saturated fat); 54 g. carbohydrates; 9 g. fiber; 0 mg. cholesterol; 829 mg. sodium

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