

# Hungry Girl's Slow Cooker Baked Beans

## *Ingredients:*

1 can (6 oz) tomato paste

¼ cup molasses

2 tbsp. cider vinegar

1 tbsp. yellow mustard

1 tsp. chopped garlic

½ tsp. salt

One 15-oz. can black beans, drained and rinsed

One 15-oz. can pinto beans, drained and rinsed

One 15-oz. can red kidney beans, drained and rinsed

3 cups finely chopped onion

2 cups finely chopped red bell pepper

½ cup water

Optional: 1 medium apple, finely chopped



## *Directions:*

1. In a medium bowl, combine tomato paste, molasses, vinegar, mustard, garlic, and salt. Mix until smooth and uniform.
2. Place all remaining ingredients in a slow cooker. Add tomato mixture, and stir to coat.
3. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.
4. Stir well before serving.

**MAKES 10 SERVINGS**

*Nutrition Facts: 3/4 cup: 178 calories, 0.5g total fat (0g sat fat), 432mg sodium, 37g carbs, 8.5g fiber, 13g sugars, 8g protein*