

Slow Cooker Beans

Makes: 6 servings

Ingredients

- 1 can pinto beans (16 ounce dried, rinsed)
- 4 cups hot water
- 2 onion (chopped)
- 1 tablespoon chili powder
- 3/4 cup barbecue sauce
- 1/2 cup ketchup
- 1 1/2 tablespoons mustard
- 2 dashes hot sauce (to taste)

Directions

1. Mix beans, water, onion and chili powder in slow cooker.
2. Cover and cook on LOW for 7 hours or until tender. Drain.
3. Stir in barbecue sauce, ketchup, mustard, and pepper sauce.
4. Cook on high for 15 minutes or until hot through.

Nutrition Information

Nutrients	Amount
Calories	350
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	570 mg
Total Carbohydrate	69 g
Dietary Fiber	14 g
Total Sugars	17 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available