

## RANCH BEANS

4 Servings, about 1 cup each

|  |                      |
|--|----------------------|
| <u>Green pepper, chopped</u>             | <u>1/4 cup</u>       |
| <u>Canned vegetarian beans</u>           | <u>1-3/4 cups</u>    |
| <u>Canned kidney beans, red, drained</u> | <u>1-3/4 cups</u>    |
| <u>Catsup</u>                            | <u>2 tablespoons</u> |
| <u>Molasses</u>                          | <u>2 tablespoons</u> |
| <u>Dried onion</u>                       | <u>1/2 teaspoon</u>  |

**PREPARATION TIME: 5 MINUTES**

**COOKING TIME: 5 TO 10 MINUTES**

### CONVENTIONAL METHOD:

1. Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

### MICROWAVE METHOD:

1. Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high; stirring every 2 minutes; cook about 5 minutes.

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### PER SERVING:

|                      |                       |
|----------------------|-----------------------|
| <u>Calories</u>      | <u>240</u>            |
| <u>Total fat</u>     | <u>1 gram</u>         |
| <u>Saturated fat</u> | <u>Trace</u>          |
| <u>Cholesterol</u>   | <u>0</u>              |
| <u>Sodium</u>        | <u>916 milligrams</u> |