

BAKED BEANS

4 Servings, about 3/4 cup each

<u>Canned vegetarian beans</u>	<u>3 cups</u>
<u>Catsup</u>	<u>1/4 cup</u>
<u>Brown sugar</u>	<u>2 tablespoons</u>

PREPARATION TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

1. In small (1 quart) casserole dish, combine beans, catsup, and brown sugar.
2. Cover and bake at 350° F until bubbly, about minutes.

PER SERVING:

<u>Calories</u>	<u>220</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>937 milligrams</u>