

Stovetop Barbecue Beans

Serving Size: ½ Cup

Serves 6

Ingredients:

1 slice turkey bacon
½ cup chopped onion
2 tablespoons vinegar
2 tablespoons water
1 teaspoon yellow mustard
1 teaspoon Worcestershire sauce
⅛ teaspoon pepper
15 oz can reduced sodium great northern beans
⅓ cup Equal® sweetener

Directions:

1. Cut turkey bacon into small pieces.
2. Cook in large saucepan over medium-high heat for 3 to 4 minutes. Add onion and sauté for 5 minutes.
3. In small bowl, combine vinegar, water, mustard, Worcestershire, salt and pepper. Add mixture to saucepan. Stir in beans.
4. Reduce heat and simmer for 20 minutes. Stir in Equal.
5. Cook for five more minutes and serve.

Exchanges per serving:

2 Starch

Nutrients per serving:

Calories: 160

Calories from fat: 5%

Total Fat: 1g

Cholesterol: 2mg

Total Carbohydrate: 33g

Sodium: 54mg

Dietary Fiber: 4g

Protein: 6g