



BBQ Baked Beans

Instructions:

Coat a pan with 3 seconds of pam. Add the onion and sauté until soft.

Add the beans and sauce, and simmer for 20 minutes.

Makes 2 servings

1/2 of the recipe counts as 1 dinner side

Prep Time:

5 minutes

Cook Time:

20 minutes

Ingredients:

15 oz. can white beans -
drained

1 small onion - chopped
finely

1 cup our free BBQ sauce
(see BBQ sauce recipe in the
Free section)) or use 1/4
cup of Walden Farms 0
calorie BBQ sauce

Pam