

“Baked” Black Beans

Serves 4

1 -15 oz. cans black beans, 50% less salt, rinsed thoroughly
2 T apple butter
1 T cider vinegar
1/4 cup orange juice
1/2 T chipotle peppers, finely chopped
1 medium carrot, grated
1 clove garlic, minced
1/4 cup vegetable broth
1/2 t cumin
1 t butter, unsalted - optional



Combine all ingredients except butter in a sauce pot on medium high heat, cover, and bring to a boil stirring every 2 minutes. Reduce heat to medium low and simmer covered for at least an additional 20 minutes. 5 minutes before serving remove the cover and continue to cook stirring every 30 seconds until liquid has thickened to desired consistency. Turn off heat and add butter if desired. Serve when butter is melted.

Nutrition information per serving (1/2 cup): 100 calories, 1g fat, 5g protein, 22 g carbohydrate, 310mg sodium, 6g dietary fiber. Excellent source of vitamins A and C. Good source of iron.

