

BBQ Beans/Sloppy Joes

Ingredients



Beans



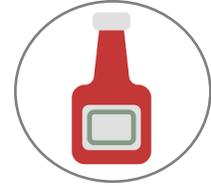
Onion



Garlic



Tomatoes



BBQ Sauce or Ketchup

Instructions

Prep:

Prep Time: 5 minutes

Ingredients:

- 2-3 cups any beans, cooked
- 1 onion, diced
- 2 cloves (or 2 tablespoons) garlic, minced
- 1-2 tomatoes, diced, or 1 can tomato sauce
- ½ cup BBQ sauce or ketchup (to taste)

Optional:

- Can use any type of bean for this recipe! Try a combination of two types of beans!
- Can omit the garlic from the recipe, or can substitute it for garlic powder.
- Can leave out the additional vegetables – this will make a recipe that is closer to baked beans vs. sloppy joes.
- Can replace BBQ sauce and ketchup with your own sauce. A combination (or addition) of soy sauce, Worcestershire sauce, vinegar, and sugar will achieve a taste similar to BBQ sauce. If you like your sauce sweeter, add 1-3 tablespoons of sugar or honey (to taste).
- Add seasonings such as chili powder, cumin, and paprika.
- Mix in an extra source of protein such as ground chicken, pork, or beef, ham or bacon.
- Add other chopped veggies such as carrots, bell peppers, mushrooms, zucchini, or cabbage.

Cook:

Cook Time: 10-15 minutes

Instructions:

1. Add the onion, garlic, and some oil or butter to a large pan and cook over medium heat until the onion is soft and translucent (about 5 minutes). Add any other chopped vegetables here and cook until they are soft.
2. Add the diced tomatoes (or tomato sauce) to the pan. Lightly smash the tomatoes in the pan to let the tomato juice out. Stir and cook for about 2-3 minutes.
3. Add beans to the pan, stir to combine. Add your choice of sauces here and any additional seasonings (to taste). Cook for about 5-7 minutes, or until everything is cooked thoroughly.
4. Serve and Enjoy!

Cooking Tips:

- If you need to thicken your mixture, add a pinch of flour or cornstarch at step #3, stir and let it cook until it's thickened to your liking. If you don't have flour or cornstarch to thicken your mixture, you can try cooking the mixture on a higher heat setting to let the excess water evaporate – just be sure to continue stirring the mixture so that the food doesn't burn at the bottom of the pan.

Serving Ideas:

- Serve as a traditional sloppy joe on hamburger buns, in between two pieces of toasted bread, or in pita pockets with a side of coleslaw.
- Serve as a chili over rice, or as a topping on a baked potato.

