

# Speedy “Baked” Beans

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## ***Ingredients:***

- 1 small onion, finely chopped
- 1 garlic clove, minced
- ¼ tsp. salt
- ½ tsp. pepper
- 2 – 15 oz. can cannellini beans, drained and rinsed
- 1/2 cup water; divided
- ¼ cup molasses
- ½ cup ketchup
- 1 Tbsp. mustard

## ***Directions:***

1. In a medium saucepan, heat 2 Tbsp water over medium heat. Add onion, garlic, salt, and pepper. Sauté until fragrant and softened, about 3-4 minutes.
2. Add the drained beans and ½ cup of water. Simmer for 5-7 minutes, until the beans have softened.
3. In a separate bowl, combine molasses, ketchup, and mustard. Add to bean mixture and simmer until sauce has thickened, about 8-10 minutes.
4. Enjoy 😊

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## ***Ingredient Spotlight: Cannellini Beans***

- Cannellini beans are commonly known as white kidney beans.
- A half cup of cannellini beans contains 100 calories, 8 grams of protein, and 6 grams of fiber.
- Due to its soluble fiber content, these beans are a great source of energy. The energy is used slowly, resulting in balanced blood sugar.
- Cannellini beans are a rich supplier of vitamin B1, which is helpful for brain cell function and cognition. Vitamin B1, also known as thiamine, helps make the neurotransmitter acetylcholine, which is needed for memory.
- Eating cannellini beans can boost your blood circulation due to its magnesium abundance. Magnesium aids in muscle contractions, nerve impulse conduction, and heart rhythm maintenance.

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## ***Recipe Supplies:***

- Sharp knife and cutting board
- Measuring cups and spoons
- Medium saucepan
- Colander
- Mixing spoon