

Rancher's Beans

Just Say Yes to Fruits and Vegetables

This easy dish is packed with both flavor and nutrients!



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Serves 10 • Serving: ½ cup

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Vegetables

Beans are a great source of healthy protein!

Ingredients:

- 1 teaspoon vegetable oil
- ¼ cup chopped bell pepper
- ¼ cup chopped onion
- 2 cups cooked kidney beans
- 2 cups cooked pink beans
- ½ cup tomato sauce
- 2 tablespoons brown sugar
- 1 tablespoon mustard
- Salt and pepper, to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add peppers and onions and cook over medium heat until soft, about 3 minutes.
3. Add beans, tomato sauce, brown sugar, and mustard.
4. Cook uncovered for 10 minutes, until thoroughly heated.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.