

Slow Cooker Beans

Adapted from: [MyPlate, USDA](https://myplate.usda.gov)

Description: These tangy beans cook in a slow-cooker. Serve this dish at your next potluck dinner.

Yield: 6 servings

Ingredients:

- 1 pound pinto beans (16 ounce dried, rinsed)
- 4 cups hot water
- 2 onions (chopped)
- 1 tablespoon chili powder
- 3/4 cup barbecue sauce
- 1/2 cup ketchup
- 1 1/2 teaspoons mustard (1 1/2 Tablespoons)
- 2 hot sauce (2 dashes or to taste)

Directions:

1. Mix beans, water, onion and chili powder in slow cooker.
2. Cover and cook on LOW for 7 hours or until tender. Drain.
3. Stir in barbecue sauce, ketchup, mustard, and pepper sauce.
4. Cook on high for 15 minutes or until hot through.

Nutrition Facts

6 Servings Per Recipe	Amount Per Serving
Serving Size	⅓ of recipe (339 g)
Calories	345
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	609 mg
Total Carbohydrate	69 g
Dietary Fiber	10 g
Total Sugars	17 g
Added Sugars	13 g
Protein	16 g

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