

Summer's Best BBQ Beans

Adapted from Better Homes and Gardens Magazine – June 2007

1 medium onion, halved and thinly sliced (1/2 cup)

1 red or green sweet pepper, seeded and chopped (3/4 cup)

2 large ripe tomatoes, chopped (2 cups)

3 15- to 16-oz. cans kidney beans, rinsed and drained

1 8-oz. can tomato sauce

1 8-oz. can crushed pineapple, undrained

2 Tbsp. maple syrup

1 Tbsp. Worcestershire sauce – look for an all-natural one without any additives

Salt to taste

Coat a large saucepan with cooking spray. Heat over medium heat. Add onion and sweet pepper. Cook and stir 5 minutes or until tender. Stir in tomatoes, beans, tomato sauce, undrained pineapple, maple syrup, Worcestershire sauce, and salt to taste. Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Uncover; simmer 10 minutes or until desired consistency.

Makes 10 side-dish servings