



Simple Beans

Serves: 7 servings

Preparation: 10 minutes

Cooking: 10 minutes

Ingredients

215.5 ounce cans navy garbanzo, or other light colored beans
or 3 ½ cups cooked beans, drained
¾ cup water
1 ½ tablespoons nutritional yeasts flakes
1 ½ teaspoons onion powder
1 teaspoon garlic powder
¾ teaspoon basil
1/8 scant teaspoon turmeric, optional



Directions

- Combine all ingredients in a saucepan. Cover and lightly boil for 10 minutes, stirring occasionally. Turmeric is optional but adds a nice color after the beans have cooked.

Note: All ingredients may also be mixed together and cooked on low heat in a slow cooker for 1-1 ½ hours.

NUTRITIONAL DATA PER SERVING (1/2 cup): calories 114.49 | fat 1.96g | saturated fat 0.17g | cholesterol 0mg | sodium 162.50mg | carbohydrates 18.87g | fiber 5.39g | sugars 3.09g | protein 6.39g