

Breakfast Beans

Great Northern (our choice), Pinto or Black beans may be used for this recipe. This makes a wonderful fiber-rich dish for a healthy breakfast.

4 15-oz cans regular sodium beans, drained (6 cups) (or home-cooked beans)
1 1/2 cups water
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon nutritional yeast flakes

1. Combine all the ingredients in a saucepan and heat through.
2. Smash about 1/3rd of the beans against the side of the pan to make thick and saucy beans.

The beans can be refrigerated for up to 3 days or frozen for up to 1 month.

The 30-Day Diabetes Miracle Cookbook, p. 50

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