

Saucy Beans on Garlic Toast

Ingredients:

Serves 3

Garlic Toast:

2 cloves garlic, crushed
1 tsp olive oil
3 slices multigrain bread

Beans:

1 ½ cup cooked navy beans
¼ cup tomato paste
¼ cup water
1 tsp vegetable bouillon
1 Tbs chipotle adobo sauce
1 tsp maple syrup
1 tsp ground cumin
½ tsp onion powder

Toppings:

2 Tbs plain oat yogurt
2 Tbs pickled jalapenos



*SOY FREE



*VEGAN



Directions:

1. To a small bowl, add crushed garlic and oil. Stir.
2. Use a pastry brush to brush the garlic oil onto both sides of the bread.
3. Heat a large pan over medium heat and add the bread. Toast until lightly golden on both sides.
4. In a small pan over medium heat, add all of the ingredients for the beans and cook for 5 minutes.
5. Spoon the beans over the toast. Top with a dollop of yogurt and pickled jalapenos. Enjoy!

Nutrition Facts

3 servings per container
Serving size ¾ cup beans

Amount per serving

Calories 290

% Daily Value*

Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 51g	19%
Dietary Fiber 13g	46%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3.2mg	20%
Potassium 580mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.