



Bayou BBQ Beans

INGREDIENTS

- 1 small yellow onion, diced
- 3–4 garlic cloves, minced
- 1 cup cooked sweet potato
- 1 (14.5 oz.) can diced tomatoes
- 2 dates, pitted
- 2 tablespoons Bayou BBQ Seasoning
- 1 tablespoon apple cider vinegar
- 2 (15 oz.) cans pinto beans, drained and rinsed

METHOD

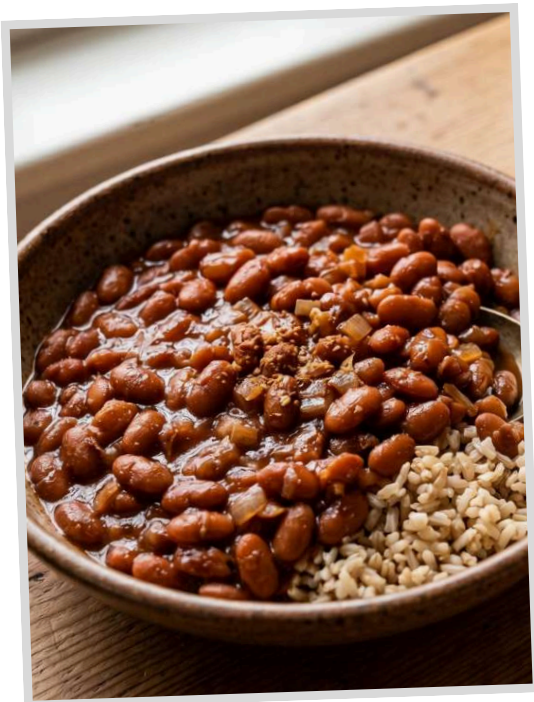
Add the onion and garlic to a large pot and sauté over medium-high heat for about 5 minutes, or until tender, adding water or veggie broth as needed to keep from sticking.

While the onion cooks, add the sweet potato, diced tomatoes, dates, Bayou BBQ Seasoning, and apple cider vinegar to a blender. Blend until completely smooth.

Add the pinto beans to the pot, then pour the blended sauce over everything. Stir well to combine.

Simmer over medium-low heat for 10–15 minutes, stirring occasionally, until the sauce has thickened and the flavors have come together.

Taste and adjust seasoning. Serve as a hearty side dish or over brown rice.



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HEALTHY PLANT-BASED RECIPES

Bayou BBQ Sauce

INGREDIENTS

- 1 can tomato paste
- 1 tablespoon apple cider vinegar
- 1/2–1 cup water
- 2–3 tablespoons Bayou BBQ Seasoning

METHOD

Add the tomato paste, apple cider vinegar, water, and Bayou BBQ Seasoning to a blender.

Blend until completely smooth. Taste and adjust — more seasoning for more depth, more ACV for tang, more water to thin.

Use immediately or store in a jar in the fridge for up to two weeks. It thickens as it sits — just stir in a splash of water to loosen.

