



Slow-Cooker Fake-Baked Beans



1/10th of recipe (about 3/4 cup): 178 calories, 0.5g total fat (0g sat fat), 432mg sodium, 37g carbs, 8.5g fiber, 13g sugars, 8g protein

Freestyle™ [SmartPoints®](#) value 2*

Prep: 20 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



Ingredients

One 6-oz. can tomato paste
1/4 cup molasses
2 tbsp. cider vinegar
1 tbsp. yellow mustard
1 tsp. chopped garlic
1/2 tsp. salt
One 15-oz. can black beans, drained and rinsed
One 15-oz. can pinto beans, drained and rinsed
One 15-oz. can red kidney beans, drained and rinsed
3 cups finely chopped onion
2 cups finely chopped red bell pepper
1 cup finely chopped Fuji or Gala apple

Directions

In a medium bowl, combine tomato paste, molasses, vinegar, mustard, garlic, and salt. Mix until smooth and uniform.

Place all remaining ingredients in a slow cooker. Add tomato mixture, and stir to coat.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours.

Stir well before serving.

MAKES 10 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.