



## **Sweet and Smoky Red Beans**

**Serves 4-6**

### **Ingredients:**

1 tablespoon neutral tasting oil (refined coconut)  
1 brown onion, finely chopped  
2 cloves garlic, finely chopped  
1 orange or red bell pepper, finely chopped  
1 carrot, finely chopped  
2 (16 oz) cans kidney beans, rinsed  
4 strips tempeh bacon (Lightlife brand)  
½ teaspoon dried thyme  
½ teaspoon dried oregano  
½ teaspoon smoked salt (Frontier brand)  
½ teaspoon ground black pepper  
1 teaspoon hot sauce (Wizard's brand)  
2 tablespoons organic brown sugar (Wholesome Sweeteners)  
1 tablespoon red wine vinegar  
3 tablespoons organic tomato paste  
¾ cup low-sodium vegetable broth ("chicken-style" broth)  
2 tablespoons chives, finely chopped \*Optional for garnish

### **Directions:**

In 6-quart pot, add tablespoon oil. Add onion, garlic, orange bell pepper and carrots. Cook for about 3-5 minutes, or until soft. Add beans, tempeh bacon, thyme, oregano, sea salt, and pepper. Stir to incorporate.

Add hot sauce, brown sugar, vinegar, tomato paste and vegetable broth. Cook mixture uncovered, stirring occasionally, for about 15-20 minutes, or until liquid is absorbed. Garnish with chives, if using.

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