

Taste of Home



## Slow-Cooked Bean Medley Recipe

★★★★★

I often change the variety of beans in this classic recipe, using whatever I have on hand to total five 15- to 16-ounce cans. The sauce makes any combination delicious! It's a gluten-free side dish that's popular with everyone.  
—Peggy Gwillim, Strasbourg, Saskatchewan

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**TOTAL TIME:** Prep: 25 min. Cook: 5 hours

**YIELD:** 12 servings

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### Ingredients

1-1/2 cups ketchup

2 celery ribs, chopped

1 medium onion, chopped

1 medium green pepper, chopped

1 medium sweet red pepper, chopped

1/2 cup packed brown sugar

1/2 cup water

1/2 cup Italian salad dressing

2 bay leaves

1 tablespoon cider vinegar

1 teaspoon ground mustard

1/8 teaspoon pepper

1 can (16 ounces) kidney beans, rinsed and drained

1 can (15-1/2 ounces) black-eyed peas, rinsed and drained

1 can (15-1/2 ounces) great northern beans, rinsed and drained

1 can (15-1/4 ounces) whole kernel corn, drained

1 can (15-1/4 ounces) lima beans, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

**Directions**

1. In a 5-qt. slow cooker, combine the first 12 ingredients. Stir in the remaining ingredients. Cook and cook on low for 5-6 hours or until onion and peppers are tender. Discard bay leaves. Yield 12 servings (3/4 cup each).

**Nutritional Facts**

3/4 cup equals 255 calories, 4 g fat (trace saturated fat), 0 cholesterol, 942 mg sodium, 45 g carbohydrate, 7 g fiber, 9 g protein.

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## Kaye's Note -

I use No Sugar Added Ketchup. Also this recipe makes a lot so sometimes I use canned mixed beans and cut down the recipe