



Vegan BBQ Black Beans

Ingredients:

- ½ cup tomato sauce or crushed tomatoes
- ¼ cup water or broth
- 2 tablespoons maple syrup
- 1 teaspoon apple cider vinegar
- 1 teaspoon vegan Worcestershire sauce
- ½ tablespoon tomato paste
- ½ teaspoon yellow mustard
- ½ teaspoon liquid smoke
- ½ teaspoon onion powder
- Pinch of cayenne
- Salt and pepper
- 1 package Nature's Earthly Choice™ Microwavable Black Beans

Directions:

1. Combine all the sauce ingredients in a small pan over low heat. Simmer until thick, about 10 minutes.
2. Microwave the black beans and toss with the BBQ sauce.