

Crock Pot Bean Medley

We're going to a BBQ at my brother's house this weekend and since the assumption is that I'll bring something from the crockpot, I know I need to come up with something tasty and creative. The catch is that I don't really want to go grocery shopping today. So, I'm diving into the pantry in the hopes that I will surface with a plan and an amazing side dish. I also want to make this dish over night so that it is ready to go in the morning.

Baked beans are a very typical BBQ side dish, but I would like to make a bean dish that isn't brown and smokey or looks like it's was dumped into a bowl and served. Beans are an easily accessible food— even if they look like they were prepared a little different, everyone still usually takes a scoop to eat. This combination is a nice variation because it is more colorful and the light colors are a nice balance for spring. Enjoy!

NOTE: Assume that each can is about 15 ounces. This recipe works best in a 6-quart pot. Feel free to divide all ingredients in half if you are not cooking for a large gathering of people, a sports team or a small army.

2 cans black beans, drained and rinsed

2 cans dark red kidney beans, drained and rinsed

2 cans great northern or cannellini beans, drained and rinsed

2 cans sweet corn kernels, drained

8 oz. frozen cut green beans

1/2 medium onion, chopped

1/2 red bell pepper

1/4 c. apple cider vinegar

1/4 c. brown sugar

1/2 t. celery seed

1/2 t. oregano

1/2 t. black pepper

3 T. ketchup

3 T. tomato paste

1 T. brown or dijon mustard

Drain and rinse all the beans before putting them in the crockpot. Add the rest of the veggies. Mix together the brown sugar, apple cider vinegar, tomato paste, mustard, ketchup and seasonings and dump in on everything in the crock pot. Give it one good stir and then set it on high for 3 hours or low for 5-6.