

C's Baked Beans

Ingredients:

2 large cans Vegetarian Baked Beans
3/4 cup purple onion, finely chopped
2 tsp. mustard powder
generous shakes of Mrs. Dash

Directions:

Pour beans and all ingredients into a deep pot with a lid. Stir occasionally over low heat for up to 30 minutes until bubbly. If the bottom begins to crust, lower heat and continue baking. You can do this in a crock-pot on low for 4 hours or so. After the TakeDown, you can omit the mustard and in it's place add a bottle of Honey Dijon Barbecue sauce. These beans are always a hit!

Kitchen Sink Salad

Ingredients:

a bag of American Salad Mixture
Whatever you and your family like in your kitchen!
IE: carrots
celery
cucumber
hard-boiled egg whites
chopped apple
tomatoes
plain rice cakes, broken up (CROUTONS)
turkey bacon bits (you can make these yourself)
sunflower seeds
whatever!
Dijon Dressing