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## Cowboy beans recipe without meat

These Cowboy Beans are made easy in one pot, taste amazing and will hit the spot on any table for easy family dinner or potluck ideas. No one will ever guess it's vegan and so simply delicious. This simple recipe comes together in 15 minutes that makes it a big winner. Even kids will ask for seconds with these fabulous flavors of three beans and a mix of BBQ and tomato sauces. Who's in for a big plate of comfort food? Raise your hands! If your craving for one pot of meals is miles high, I have the right one for you: It's ready in 15 minutes from start to finish. I'm here for you guys. As you know, I always keep my recipes as easy as possible. You know this from my One Pot Taco Pasta or the One Pot Pad Thai Noodles. Making everything in a single pot is always right. Time for another easy vegan recipe for you. My Cowboy Beans are addictive, full of delicious flavors, comforting, super easy, stress-free, stuffing, made with my sugar-free BBQ sauce or your favorite. Also protein rich, hearty, mouthwatering, satisfying, robust with bold flavors, meat for a perfect texture in and out. Oh yes, no one will ever believe it's vegan, even meat eaters know it's merely the best cowboy beans recipe you've ever tried and made. Cowboy Beans ingredients My sugar free bbq sauce or your favorite 6 cups mixed beans Tomato sauce Mustard Onion Mushrooms This is done only with 6 simple ingredients! If you like, you can always make these easy cowboy beans even tastier by optionally adding: Liquid smoke, to add more boldness Chile powder, if you like it a little more spicy Smoked tofu for more texture, flavor and protein, yum. How to make Cowboy Beans You will need a large casserole or pot. First, heat a little oil (or vegetable sauce for oil-free cooking). Then add the onions and mushrooms and fry both for about 3 minutes. Now it's time to give the beans, BBQ sauce, tomato sauce, mustard and optional ingredients such as liquid smoke, chile powder and smoked tofu to the pot. And, of course, a pinch of salt and pepper. Cook for about 10 minutes on medium heat. Finally served in bowls and enjoy for dinner, lunch, meal prep. It makes great picnic food, sandwich spreads just mash them a little for a creamy texture. You get the picture. This Cowboy Beans recipe is so versatile, there's so much one can make with this and it will always hit the spot on your table in no time. A custodian who will make advance meals even easier than you did before. Variations and tips Slow cooker Cowboy Beans: add all the ingredients in your slow cooker and set a time when it needs to be done. Instant pot cowboy beans: start with a little oil or vegetable sauce, add onions, mushrooms use the sauté feature for 2 minutes, now add beans, BBQ and tomato sauce, mustard, optional liquid smoke, chili powder and smoked tofu. Place and seal lid on top, from off use high pressure for 7 minutes. Open your instant pot, give it a mixture with a spat, season to your liking with pinch of salt and pepper. As you know 7 minutes is the cooking time, which does not include the time to achieve high pressure. Chile beans recipe: add 2 tsp more chili powder and 2 fresh chile finely chopped. If you like it a lot, but just say: it's really spicy and not for the faint-hearted. Cowboy casserole: lately I've been trying something different. After preparing my cowboy beans I added them to a 9×13 casserole dish and sprinkled 1.5 cups of vegan cheddar on top. Then it's time to bake them for 20 minutes at 415°F. Oh boy, it was so amazing and nice Try this Cowboy Beans with all variations and let me know which one is your favorite. Tag me on Instagram or Facebook with a photo. I can't wait to see them all, Florian. 6 cups mixed beans, drained and cooked (I used a 15 oz cannellini beans, A 15 oz can kidney beans, and a 15 oz can black eye peas) 1 batch Sugar Free BBQ Sauce 1 tbsp mustard 15 oz tomato sauce 1 cup onions, chopped 8 oz mushrooms, finely chopped salt, pepper to taste 2 tsp liquid smoke 4 oz smoked tofu 1 tsp , heat a little oil (or vegetable sauce for oil-free cooking). Then add the onions and mushrooms and fry both for about 3 minutes. Now it's time to give the beans, BBQ sauce, tomato sauce, mustard and optional ingredients such as liquid smoke, chile powder and smoked tofu to the pot. And, of course, a pinch of salt and pepper. Cook for about 10 minutes on medium heat. Finally serve in bowls and enjoy. Yield: 6 Serving size: 3 cups Amount per serving: Calories: 302Total Fat: 1.6gSaturated Fat: 0.2gTrans Fat: 0gUnsaturated Fat: 0.9gCholesterol: 0mgSodium: 332mgCarbohydrates: 51.3gFiber: 15.3gSugar: 6.1gProtein: 19.1g Don't save this Conscientious Cowboy Beans just for summer roasters! This favorite bean recipe is tempted by both my husband and my own family for just about every vacation. They are delicious as a side dish with ham and the leftovers are perfect for lunch or dinner. Here's some good news, it's the perfect bean dish for those of you who want to reduce the amount of fat you consume, and a delicious way to increase your fiber. Children will also like these beans because there are no onions. Dutiful Cowboy Beans has one additional tablespoon of brown sugar in the whole dish of beans, which is unusual for a baked bean dish. I would even feel comfortable letting that one tablespoon of sugar out. Weight viewers points plus can count 6 points if the whole recipe is divided into 8 servings. Please note \*\* These amounts are for the meatless version only. If you follow a Forks Over Knives, it's perfect. But if you're a meat eater, feel free to add some Italian sausage, pre-cooked and fat drained. Dutiful Cowboy Beans - Meatless & GF Makes 6-8 servings 1 -28oz can be Bush's Vegetarian Baked Beans, or any other brand you want 1 -15oz can red beans, any brand. Drained and rinsed. 1 -15oz can or small white beans, any brand. Drained and rinsed. 1 -15oz can sauce tomato sauce medium apple, any variety you like. Peeled and finely chopped. 2 tsp minced garlic 1 tbsp chili powder 1 tbsp brown sugar can be omitted Jump to Recipe RecipeVegan Cowboy Beans is a bean-focused meal that can be made in the slow cooker. It's hearty, stuffing and sure to warm up the cold winter months — and it's also so easy. Just add to the slow cooker or Crockpot and wait. You can also make this dish in the instant pot. Steaming hot, straight out of the slow cooker! This vegan dish can also be made in the instant pot. It's a vegan version of a traditional meal made in the American southwest. But the usual version contains bacon, and possibly animal-based fats, which were removed in this vegan version of the meal. This version is focused on beans and vegetables, with optional garnishes. An easy, inexpensive and healthy plant-based meal. It's also a low fat and oil-free recipe. cilantro or flat leaf parsley chopped-bore bacon optional salt optional, but strongly encouraged In a pan on the stove add the onions with a small amount of vegetable sauce (or water) and cook until golden at medium heat. Add garlic and jalapeños to onion and cook until the garlic is browned and fragrant. Add the tomatoes to the onion mixture. Transfer the onion mixture to the slow cooker, adding the beans and 6 cups of water. Cook in a slow cooker for 4 hours high. Alternatively, cook at 6 hours at a low. When finished, remove 2 cups of the beans and mix in a food processor or high-powered blender. Mix smooth mixed beans, and salt, in remaining beans. Optionally made some vegan shiitake bacon (or find some oil-free vegan bacon out of the store) and/or vegan acid cream to use as a topping. Top with the cilantro or flat leaf parsley, and optionally season with salt. Vegan bacon: Make your own, like vegan shiitake bacon, or buy vegan bacon. Be sure to list the ingredients if you opt for store purchased (check for oil or unwanted preservatives). Vegan sour cream: Make your own or bought from the store. \* Percentage Daily Values is based on a 2000 calorie diet. Name @PlantBasedRecipe or tag #MyPlantBasedRecipe! Garnishes Vegan cowboy beans are a low fat, healthy meal made without oil. There are many different garnishes you can add to this dish for variety - dress it up in a different way every time you have it! Here we added sliced jalapenos (for a little heat), cilantro, and limes. You can also add a little vegan sour cream for a touch of ice cream. I enjoy a cauliflower-based sour cream, pictured below, which I'll soon add to the site. Add a little vegan sour cream for a touch of ice cream. This low fat version of sour cream is made with cauliflower. Vegan Cowboy Beans - simple dish to make any night of the week. Pin this stuck to save the recipe for later on pinterest! [sub] New favor bean recipe here. This recipe for my Cowgirl Baked Beans is inspired by my love of traditional baked beans. Beans. and sweet, but usually pretty watery and even a little too sweet at times. Well, I played a little bit in the kitchen and came out with this recipe. Hearty beans, spices, tons of texture and a nice dose of sweet too. If you love baked beans but are looking for a recipe with a little more oomph and soul, spice and body, give this recipe a try... Plunk a cube of this bread right over the top of these beans. Or make them into easy amazing TACOS.. How does Ya like your beans? Beans are such an underrated food for the summer! Sure, we see baked beans along with BBQ or picnic-y fare once in a while. I remember we served them as a side to hot dogs when I was a kid. But beans are truly such a great summer addition to or star of a meal. Especially when they have a fat flavored and sweet flavor like this. Serve these beans in a variety of ways: – basic bee food to just about anything – taco filling– sloppy joe filling- side of a salad dish – pita filling- add some more ingredients (onion, tomato, vegetables) to make it into chili - with corn bread - on toast - with avocado toast - as a dip with crackers or vegetables- I love beans! When they're infused with flavor, they're so nice and packed with good stuff. They are a great source of plant-based protein and fiber and vitamins. Beans are my kind of superfood. Plus, they're so versatile and really add depth to a meal. Which Beans I used basic white beans – cannellini beans as well as a speckled white bean, I actually think they were called cattle beans. You can easily use pinto beans, navy beans or any bean you have at hand. Canned or dried beans? For super speedy prep, I use two cans of pre-cooked beans. I just washed down and beans and they were ready for the recipe. If you have more time and want to use dried beans and something like an InstaPot or a slow cooker, give it a go in all ways! Why 'Cowgirl' Beans? As I made it, the name 'Cowboy Beans' ushered into my head. I wasn't even sure if there was anything like that. Well, apparently there is. It is a southern side that adds beef and sometimes bacon to the hearty beans. Well, this recipe is vegan and is kept simple with - just beans. But these beans really have a southern, heartwarming feel, so I just loved the cowboy name. But of course, switched to cowgirl... And if you don't like that term, listen.. My cowgirl is a vegan, cow loving, super talented lady - eating these hearty beans with a side of the best corn bread while watching the sunset over her animal rescue instead, her cow 'Buttercup' just over the fence. Much better, yes? I'm 100% that kind of cowgirl. Bring me all the cows to talk to, watch frolic and give a big hug. But I digress. Get this recipe!... 2 1/2 – 3 cups beans, kidney beans, pinto beans, any you like1 cup water2 tb of tomato pasta1 tsp corn Dijon mustard1 clove garlic, chopped4-5 tbsp coconut sugar1/2 tsp chipotle powder or smoky paprika1 teaspoon extra virgin olive oil1/8 tsp sea salt, or to taste tasting the canned beans well, under cool water. Add all the ingredients — except the beans — to a small sauce pot. Whisk or stir quickly to combine. Fold in the beans and turn the heat to medium. Cook for 3-5 minutes, until the beans thicken and warm. Cover with a lid and reduce heat to low. Simmer for another 2-3 minutes. Keep lid on the pot until ready to serve to keep the beans soft. Tip.. For the best flavor: Allow the cooked beans to cool and marinate in the fridge overnight, then heat to serve. Calories: 212kcal | Carbohydrates: 40g | Protein: 10g | Fat: 2g | Saturated fat: 1g | Sodium: 251mg | Potassium: 537mg | Fiber: 9g | Sugar: 10g | Vitamin A: 122IU | Vitamin C: 3mg | Calcium: 38mg | Iron: 4mg Snap a photo + tag me! @KathyPatalsky Pin it for later!... Later!...

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