

Ranch Beans *Makes 4 servings, 1 cup each*

2 Tablespoons catsup
2 Tablespoons molasses
½ teaspoon dried onion

2 cups kidney beans, boiled
2 cups navy beans, boiled
½ cup green bell pepper

Conventional Method

1. Place all ingredients in saucepan and heat thoroughly, about 10 minutes or place in oven proof dish and bake for 30 minutes at 350 degrees.

Microwave Method

1. Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high; stirring every 2 minutes; cook about 5 minutes.