1. BBQ & Bean Biscuit Casserole

Hiding broccoli in this not only makes it a one pot meal with no need of a side, it reduces the calorie count of the dish, too! Quick, inexpensive, kids like it!!

If you use TVP, make 1/2 c into 1 cup of crumbles and stir 1/2 c dry TVP into beans to soak up sauce.

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| |  |  | | --- | --- | | 1 recipe faux hamburger crumbles (2c)  1 onion  1 1/2 cup broccoli  3 cups Navy beans, cooked  1/4 cup brown sugar  3 Tbs Splenda  2 Tbs vinegar (white)  1 Tbs Worcestershire sauce  1/2 tsp salt  1/4 tsp black pepper | 8 oz tomato sauce  1 1/2 tsp liquid smoke  3/4 tsp cinnamon  1/4 tsp garlic powder  1/4 tsp onion powder  1/2 tsp celery seed  1 dash cloves  21/4 cups bisquick  2/3 cup non-dairy milk | | Recipe2297.JPG |

Procedure

* + 1. Can use homemade cooked beans or a 15 oz can is a heaping 1 1/2 cup. For canned, drain and rinse beans.
    2. Mince onion and sauté.
    3. Mince broccoli in food processor, too (so kids do not detect it!) (So can use less expensive broccoli stems and save the flowers for a side dish).
    4. Make biscuit top with bisqick and non dairy milk.
    5. Mix all ingredients other than the biscuit top and put in an 8" x8 " (2 quart) baking dish. Top with the biscuit dough.
    6. Cook for 10-15 minutes until biscuit is cooked.

Servings: 9

Oven Temperature: 350°F

Nutrition Facts

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| Serving size: 1/9 of a recipe (5.3 ounces). | RecipeNutrition3217.gif |

Source

Source: http://vegweb.com/recipes/bbq-beef-and-bean-biscuit-bake#sthash.0fJQDMh5.dpuf