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 onion1 1/2 cup broccoli3 cups Navy beans, cooked1/4 cup brown sugar3 Tbs Splenda2 Tbs vinegar (white)1 Tbs Worcestershire sauce1/2 tsp salt1/4 tsp black pepper | 8 oz tomato sauce1 1/2 tsp liquid smoke3/4 tsp cinnamon1/4 tsp garlic powder1/4 tsp onion powder1/2 tsp celery seed1 dash cloves21/4 cups bisquick2/3 cup non-dairy milk |

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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