

BBQ BEAN SANDWICHES

4 Servings

INGREDIENTS

½ head green cabbage, shredded

1 carrot, grated

½ cup mayonnaise

2 Tbsp sugar

2 Tbsp apple cider vinegar

½ Tbsp poppy seeds (optional)

2 cans of pinto beans (or canned beans of choice)

BBQ sauce

Burger buns

DIRECTIONS

Step 1

Add the shredded cabbage, carrot, mayonnaise, sugar, apple cider vinegar, and poppy seeds to a bowl and mix.

Step 2

Add beans and a generous amount of BBQ sauce together in a casserole dish. Cover dish with foil and bake for 30 minutes.

Step 3

Remove foil and bake beans for another 15-20 minutes

Step 4

To serve toast the buns, add beans and slaw mixture and enjoy!

SHOPPING LIST

Green cabbage

Carrot

Mayonnaise

Apple cider vinegar

Poppy seeds

2 cans of beans

BBQ sauce

Burger buns