



Smoky Grilled Beans

Ingredients

- 1/2 cup sweet yellow onion, diced
- 1/2 cup green bell pepper, diced
- Cooking oil (for grilling)
- Two 15.5-ounce cans dark red kidney beans, drained and rinsed
- Two 15.5-ounce cans northern white beans, drained and rinsed
- One 15-ounce can tomato sauce
- 1/2 cup ketchup
- 1/4 cup brown sugar
- 1 tablespoon yellow mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 2 cloves garlic, minced
- Sliced green onions, for garnish (optional)

Instructions

- **Preheat** your grill to medium-high heat.
- **Place a cast-iron skillet** or grill-safe pan on the grill grates. Add a splash of oil, then cook the diced onion and green bell pepper for 3–4 minutes, until slightly softened.
- **Stir in the beans**, tomato sauce, ketchup, brown sugar, mustard, vinegar, cayenne, chili powder, smoked paprika, and minced garlic.
- **Cover the grill** and cook the mixture for about 15 minutes, stirring occasionally, until everything is heated through and the flavors meld together.
- **Garnish** with sliced green onions before serving, if desired.