

Simple Anasazi Beans

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-anasazi-bean-recipe>

Ingredients:

- 2 cups anasazi beans soaked overnight
- 1 onion minced
- 1/4 cup carrots chopped
- 2 cloves garlic chopped
- 1 teaspoon nutritional yeast flakes
- 5 1/2 teaspoons sea salt
- 1/2 teaspoon oregano dried

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 65 grams
3. Fat: 1 grams
4. Fiber: 17 grams
5. Protein: 21 grams
6. Sodium: 3260 milligrams
7. Sugar: 3 grams

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