



Sweet-Sour Kidney Beans Recipe

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"You can substitute a variety of beans—such as soybeans, pinto or navy beans—in this versatile dish," suggests Elizabeth Bowen of Harbor Beach, Michigan. "It's a healthy and tasty alternative to sweet-and-sour pork or chicken," she adds. "I like to serve it over brown rice."

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings

Ingredients

- 1 can (8 ounces) unsweetened pineapple chunks
- 1/4 cup packed brown sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon ground ginger
- 1/4 cup white vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 medium onion, cut into wedges
- 1 large green pepper, cut into 1-inch pieces
- 1/2 medium sweet red pepper, cut into 1-inch pieces
- 1/2 cup sliced carrot
- 1 garlic clove, minced
- 2 cans (16 ounces *each*) kidney beans, rinsed and drained
- 1 medium tomato, cut into 1-inch cubes
- Hot cooked rice, optional

Directions

- 1.** Drain pineapple, reserving juice. Set pineapple aside. In a bowl, combine the brown sugar, cornstarch and ginger. Add enough water to reserved juice to measure 1/2 cup; stir into cornstarch mixture until smooth. Add vinegar and soy sauce; set aside.
- 2.** In a large nonstick skillet or wok coated with cooking spray, stir-fry the onion, peppers and carrot until crisp-tender. Add garlic; stir-fry 1 minute longer. Add the beans, tomato and reserved pineapple. Cook and stir for 2-3 minutes or until heated through. Stir soy sauce mixture and add to bean mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with rice if desired. **Yield:** 4 servings.