

## LC-Baked Beans

**Ingredients:** 1 -15 oz can LC-Black Soybeans  
¼ lb Bacon - cut into bite size pieces  
½ cup chopped onions  
2 - 3 tsp LC-Brown Sugar  
1 tsp LC-Thick'n Saucy  
1/8 tsp salt (optional)

**Directions:** Fry bacon until slightly browned, do not drain pan. Add onions and cook until browning begins. Drain can of soybeans, retaining ½ cup of the liquid. Add soybeans and salt to pan with bacon and onions. In a medium bowl, mix together the ½ cup of liquid (or water if preferred) with LC-Brown Sugar and LC-Thick'n Saucy. Whisk together to make the sauce. Pour over the beans and mix. Cook together for 5-10 minutes until beans are warmed through. Serve with hotdogs or other low carb favorites.

Store in a cool dry place.  
Refrigerate and use within 3-4 days after opening.



Manufactured for LC Foods™  
Company, Raleigh NC 27604  
[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)



# Non-GMO Organic Black Soybeans



Net Wt. 15 oz. (425 g)

## Nutrition Facts

Serving Size 1/2 cup (130g)  
Servings per container about 3.5

Amount Per Serving

**Calories** 130    Calories from Fat 54

**%Daily Value\***

**Total Fat** 6g                      **9%**

Saturated Fat 1g                      **5%**

Trans Fat 0g                              **0%**

**Cholesterol** 0mg                      **0%**

**Sodium** 30mg                              **1%**

Potassium 310mg                              **9%**

**Total Carbohydrate** 8g                      **3%**

Dietary Fiber 7g                              **28%**

Sugars 1g

**Protein** 11g                                      **22%**

Vitamin A 10%    • Vitamin C 0%

Calcium 8%        • Iron 15%

Thiamin (B1) 4%    • Riboflavin (B2) 8%

Magnesium 15%    • Zinc 15%

\*Percent daily values (DV) are based on a 2,000 calorie diet.

Ingredients: Organic Non-GMO Black Soybeans, Water, Kombu Seaweed