



## **Grilled Zucchini Canoes with Vegetarian Baked Beans**

### **Ingredients**

#### **Baked Beans**

- 2 Tablespoons olive oil
  - 1 large onion, peeled, chopped
  - 1 (15 ounce) can cannellini white kidney beans, drained, rinsed
  - 1/8 cup dark molasses
  - 1 cup vegetable stock
  - 1/2 tablespoon Dijon-style mustard
  - 1 bay leaf
  - 1/8 teaspoon ground black pepper
  - 1/4 teaspoon kosher salt
  - 1 teaspoon hot sauce or to taste
  - 1/8 cup (your favorite) barbecue sauce
  - 1/3 cup diced sweet bell green peppers
  - 2 to 3 Tablespoons chopped red peppadew peppers
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- 3 fresh zucchini
  - 1-1/2 cups Vegetarian Baked Beans or as needed (recipe above)

2 to 3 Tablespoons shredded Parmesan cheese  
If desired: Serve with grilled vegetarian or smoked turkey sausage

### **Directions:**

#### **Prepare Using Stove Top:**

- 1) Place about 2 Tablespoons oil in large pot. Add onions, sauté until softened and lightly browned.
- 2) Add drained; rinsed beans, molasses, vegetable stock, mustard, bay leaf, pepper, salt, hot sauce and barbecue sauce. Bring to a boil; reduce heat to simmer; cover; stir occasionally; let cook 1 hour or until tender. Add additional vegetable stock if needed.
- 3) Remove from heat; stir in chopped green peppers and peppadew red peppers. Remove bay leaf before serving. Set aside.

#### **Prepare Zucchini**

- 1) Cut zucchini in half lengthwise. With a spoon, scrape out soft inner seed section.
- 2) Place the zucchini, skin side down on lightly greased grill pan or grill. Cook over medium to medium high heat to form grill marks; turn over; grill the open side of zucchini until tender crisp and lightly grill marked.
- 3) Remove from heat; fill the zucchini cavity with about 1/4 cup vegetarian bean mixture. Lightly sprinkle with shredded cheese. Serve warm on serving plate. Sliced grilled vegetarian or smoked turkey sausage can be slant cut and served with this dish. Serves: 4 to 6

**About the Recipe:** Tender barbecue flavored white beans combine with onion and peppers and are nestled inside a garden fresh zucchini that is lightly grilled. It is a delightful side dish and could easily play center stage on a dinner plate. Perfect for that special summer dinner.