

BBQ Baked Beans Side Dish

Source: School Nutrition Plus, Inc.

Portion Size ½ cup

Ingredients

100 Portions

Measure

Great Northern Beans, canned, low-sodium	2 ¾ #10 can (drained + rinsed)
Turkey Bacon, low-sodium	3 lbs + 7 ⅝ oz
Yellow Onions, raw	1 gal + 2 ½ cup (chopped)
Sweet Green Peppers, raw	2 qt + 3 cup (chopped)
Jalapeno Peppers, raw	11 ⅛ pepper
Water	2 gal + 1 ¼ cup
Light Brown Sugar	2 qt + 3 cup (packed)
Fancy Tomato Ketchup, 33% can shelf stable	1 ½ (1 #10 can)
Hickory BBQ Sauce, plastic jugs	4 lbs + 2 ⅔ oz
Prepared Yellow Mustard	1 qt + 1 ½ cup
Molasses	2 ¾ cup + ½ tbsp
Cider Vinegar	1 ⅓ cup + ½ tbsp
Paprika	3 tbsp + 2 ⅛ tsp
Tomatoes, diced, no salt added, canned	33 ⅓ .5 cup

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Cut the bacon into slices. Peel, wash, rinse and chop all vegetables. Set aside.

Over a stove top on medium flame, place a skillet and cook the bacon and onion for 12 min or until caramelized. Add bell peppers and jalapeno, saute for an additional 10 min.

In a large pot place the bacon and vegetables, add the beans and the water. Stir in the ketchup, sugar, BBQ sauce, Dijon, molasses, salt, vinegar, diced tomatoes, and smoked paprika. Stir well.

Cover and cook over medium flame for 30-40 minutes making sure the internal temperature reaches 135°F.

Hold at 135° F or higher.

Components

Vegetable ½ cup

Nutrients Per Serving

Calories 320.721 kcal

Total Fat 3.914 g

Saturated Fat 1.171 g

Cholesterol 15.750 mg

Carbohydrate 65.508 g

Dietary Fiber 4.267 g

Sugars 21.465 g

Protein 7.210 g

Sodium 1057.858 mg

Iron 2.364 mg

Calcium 94.823 mg

Vitamin A 866.309 IU

Vitamin C 28.681 mg

Water 157.953 g

Ash N/A

BEANS: Simply Delicious, Naturally Nutritious

Find more delicious bean recipes at BeanInstitute.com

