



Baked Beans

This meatless recipe is a must try! Baked beans with a Hawaiian flavor that includes sweet bites of pineapple, onions, peppers and a smokey spice of the south.

CACFP Adult Portion Crediting Information

Legume as Meat Alternate: $\frac{3}{4}$ cup (6 oz slotted spoodle) provides 2 oz meat alternate and $\frac{1}{8}$ cup vegetable ($\frac{1}{8}$ cup other vegetable).

OR

Legume as Vegetable: $\frac{3}{4}$ cup (6 oz slotted spoodle) provides $\frac{5}{8}$ cup vegetable ($\frac{1}{2}$ cup legume vegetable, $\frac{1}{8}$ cup other vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Canned vegetarian baked beans	7 lb 5 oz	3 qt $\frac{3}{4}$ cup (approx. 1 $\frac{1}{8}$ No. 10 cans)	14 lb 10 oz	1 gal 2 qt 1 $\frac{1}{2}$ cups (approx. 2 $\frac{1}{4}$ No. 10 cans)	<ol style="list-style-type: none"> Preheat Oven: Conventional oven: 375 °F. Convection oven: 350 °F. Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.
*Fresh onions, chopped	12 oz	$\frac{3}{4}$ cup	1 lb 8 oz	1 $\frac{1}{2}$ cups	
*Fresh green bell peppers, diced	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
Ground mustard		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yellow mustard, prepared	3 oz	¼ cup	6 oz	½ cup	
Brown sugar, packed	1 lb	2 cups	2 lb	1 qt	
Granulated sugar	8 oz	1 cup	1 lb	2 cups	
Canned unsalted tomato paste	5 oz	½ cup 1 tsp (approx. ⅓ No. 300 can)	10 oz	1 cup 2 tsp (approx. ⅔ No. 300 can)	
Pineapple tidbits, in juice	1 lb 4 oz	2 ½ cups (approx. 1 10 can)	2 lb 8 oz	1 qt 1 cup (approx. 2 No. 10 can)	
Apple cider vinegar		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Liquid smoke		1 Tbsp		2 Tbsp	
Black pepper		½ tsp		1 tsp	
Cinnamon		1 ½ tsp		1 Tbsp	
Allspice		½ tsp		1 tsp	
					<p>3 Pour 1 gal 1 qt 1 cup (10 ½ lbs) baked bean mixture into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>4 Bake: Conventional oven: 375 °F for 35-40 minutes. Convection oven: 350 °F for 35 minutes.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					6 Critical Control Point: Hold for hot service at 140 °F or higher.
					7 Drain liquid well using slotted spoodle. Serve $\frac{3}{4}$ cup (portion with 6 oz slotted spoodle).



NUTRITION INFORMATION

For ¾ cup (6 oz spoodle)

NUTRIENTS	AMOUNT
Calories	262
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	183 mg
Total Carbohydrate	60 g
Dietary Fiber	8 g
Total Sugars	37 g
Added Sugars included	N/A
Protein	8 g
Vitamin A	21 mcg RAE
Vitamin C	14 mg
Vitamin D	0 IU
Calcium	64 mg
Iron	2 mg
Potassium	349 mg
N/A = data not available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz	1 lb 12 oz
Green Peppers	10 oz	1 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 1 gal 1 qt 1 cup	2 gal 2 qt 2 cups
About 10 ½ lb/1 steam table pan (12" x 20" x 2 ½")	About 21 lb/2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project

