

Baked Beans

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

CACFP Home Childcare Crediting Information

Legume as Meat Alternate: ½ cup (½ cup measuring cup or 4 oz slotted spoodle) provides 2 oz equivalent meat alternate.

OR

Legume as Vegetable: ½ cup (½ cup measuring cup or 4 oz slotted spoodle) provides ½ cup vegetable (½ cup legume vegetable).



Preparation Time: 15 minutes

Cooking Time: 40 minutes

Makes: 6 servings

Ingredients

- 3 ¼ cups or 29 ½ oz Canned vegetarian beans
- ¾ cup or 3 oz Fresh yellow onions, chopped
- ½ cup or 2 oz Fresh green bell peppers, diced
- 1 tsp Ground mustard
- 1 Tbsp Yellow mustard
- ½ cup or 3 ¾ oz Brown sugar, packed
- ¼ cup or 2 oz Granulated sugar
- 2 Tbsp or 1 ¼ oz Canned tomato paste, unsalted
- ½ cup or 5 oz Pineapple tidbits, in juice slightly drained
- ¾ tsp Apple cider vinegar
- 1 tsp Liquid smoke
- ⅛ tsp Ground black pepper
- ½ tsp Ground cinnamon
- ⅛ tsp Ground allspice

Directions

- 1 Preheat oven:
Conventional oven: 375 °F.
Convection oven: 350 °F.
- 2 In a large mixing bowl, 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. Stir well.
- 3 Pour the bean mixture into a (9" x 13" x 2") baking dish.
- 4 Bake:
Conventional oven: 375 °F 30-40 minutes.
Convection oven: 350 °F 30-35 minutes.
- 5 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 6 Critical Control Point:
Hold at 140 °F or higher until served.
- 7 Serve ½ cup (portion with ½ cup measuring cup or 4 oz slotted spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 268, Protein 8 g, Carbohydrates 60 g, Dietary Fiber 9 g, Total Sugars 36 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 191 mg Vitamin A 21 mcg RAE, Vitamin C 15 mg, Vitamin D 0 mg, Calcium 67 mg, Iron 2 mg, Potassium 366 mg