

# Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

I-06

| Ingredients                                       | 50 Servings               |                                   | 100 Servings       |                                 | Directions                                                                                                                                                                                                     |
|---------------------------------------------------|---------------------------|-----------------------------------|--------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                   | Weight                    | Measure                           | Weight             | Measure                         |                                                                                                                                                                                                                |
| Canned vegetarian beans                           | 14 lb 10 oz               | 1 gal 2 ½ qt<br>(2 ⅝ No. 10 cans) | 29 lb 4 oz         | 3 gal 1 qt<br>(4 ¼ No. 10 cans) | 1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12 x 20 x 2 in.). For 50 servings, use 1 pan. For 100 servings, use 2 pans.                                        |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions | 1 lb 8 oz<br>OR<br>4 ½ oz | 1 qt<br>OR<br>2 ¼ cups            | 3 lb<br>OR<br>9 oz | 2 qt<br>OR<br>4 ½ cups          | 2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.                                                                                                         |
| Molasses                                          | 11 oz                     | 1 cup                             | 1 lb 6 oz          | 2 cups                          |                                                                                                                                                                                                                |
| Dry mustard                                       |                           | 2 Tbsp                            |                    | ¼ cup                           |                                                                                                                                                                                                                |
| Brown sugar, packed                               | 3 ¾ oz                    | ¾ cup 1 ½ Tbsp                    | 7 ½ oz             | 1 ¾ cups                        |                                                                                                                                                                                                                |
| Water                                             |                           | 2 cups                            |                    | 1 qt                            |                                                                                                                                                                                                                |
| Canned tomato paste                               | 9 ½ oz                    | 1 cup 1 Tbsp                      | 1 lb 3 oz          | 2 cups 2 Tbsp                   |                                                                                                                                                                                                                |
| *Cooked ham, diced (optional)                     | 1 lb                      | 3 cups                            | 2 lb               | 1 qt 2 cups                     | 3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.                                                                                                        |
|                                                   |                           |                                   |                    |                                 | 4. Bake:<br>Conventional oven: 350° F for 2 ¼ hours<br>Convection oven: 325° F for 1 ¼ hours<br>Remove cover during last ½ hour of baking to brown the beans.<br>CCP: Heat to 165° F or higher for 15 seconds. |
|                                                   |                           |                                   |                    |                                 | 5. CCP: Hold for hot service at 135° F or higher.<br><br>Portion with No. 6 scoop ( ⅔ cup).                                                                                                                    |

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
| Mature onions         | 1 lb 12 oz  | 3 lb 8 oz    |

| SERVING: | YIELD: | VOLUME: |
|----------|--------|---------|
|----------|--------|---------|

⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate

**50 Servings:** 16 lb 12 oz

**50 Servings:** 2 gallons 1 cup  
1 medium steamtable pan

⅔ cup (No. 6 Scoop) provides ½ cup of vegetable.

OR

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|                                  |                                                            |      |
|----------------------------------|------------------------------------------------------------|------|
| Meat/Meat Alternate or Vegetable | Vegetables                                                 | I-06 |
| 100 Servings: 33 lb 8 oz         | 100 Servings: 4 gallons 2 cups<br>2 medium steamtable pans |      |

Tested 2004

| Nutrients Per Serving |         |               |        |               |         |
|-----------------------|---------|---------------|--------|---------------|---------|
| Calories              | 159     | Saturated Fat | 0.16 g | Iron          | 0.86 mg |
| Protein               | 6.78 g  | Cholesterol   | 0 mg   | Calcium       | 86 mg   |
| Carbohydrate          | 35.99 g | Vitamin A     | 360 IU | Sodium        | 532 mg  |
| Total Fat             | 0.64 g  | Vitamin C     | 7.8 mg | Dietary Fiber | 7.0 g   |