



# Baked Beans With Canned Vegetarian Beans USDA Recipe for CACFP

Baked Beans With Canned Vegetarian Beans includes tomato paste and pineapple chunks.

### CACFP CREDITING INFORMATION

½ cup (4 fl oz slotted spoodle) provides

Legume as Meat Alternate: 2 oz equivalent meat alternate.

OR

Legume as Vegetable: ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	7 lb 5 oz	3 qt ¾ cup (approx. 1 ⅛ No. 10 cans)	14 lb 10 oz	1 gal 2 qt 1 ½ cups (2 ¼ No. 10 cans)	<b>1</b> Combine 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	¾ cup	1 lb 8 oz	1 ½ cups	
*Fresh green bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	
Ground mustard		1 Tbsp		2 Tbsp	
Yellow mustard	2 ⅔ oz	¼ cup	5 ⅓ oz	½ cup	
Brown sugar	8 oz	2 cups	2 lb	1 qt	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Granulated sugar	8 oz	1 cup	1 lb	2 cups	
Canned tomato paste	5 oz	½ cup 2 tsp	10 oz	1 cup 1 Tbsp 1 tsp (approx. ⅛ No. 10 can)	
Pineapple tidbits	1 lb 4 oz	2½ cups (approx. ⅓ No. 10 can)	2 lb 8 oz	1 qt 1 cup (approx. ⅔ 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		1½ tsp		1 Tbsp	
Allspice		½ tsp		1 tsp	<p><b>2</b> Pour 1 gal (9 lb 7 oz) baked beans into a steam table pan (12" x 20" x 2½").</p> <p>For 25 servings, use 1 pans. For 50 servings, use 2 pans.</p>
					<p><b>3</b> Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15 minutes.</p>
					<p><b>4</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p><b>5</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>6</b> Portion with 4 fl oz slotted spoodle (½ cup).</p>



## NUTRITION INFORMATION

For ½ cup (4 fl oz slotted spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>263</b>
<hr/>	
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>60 g</b>
Dietary Fiber	8 g
Total Sugars	37 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
<hr/>	
Vitamin D	0 IU
Calcium	64 mg
Iron	2 mg
Potassium	349 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	14 oz	1 lb 12 oz
Green bell 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.

## YIELD/VOLUME

25 Servings	50 Servings
About 9 lb 7 oz	About 18 lb 14 oz
About 1 gal 2¾ cups 2 Tbsp/1 steam table pan (12" x 20" x 2½")	About 2 gal 1 qt 1¾ cups/2 steam table pans (12" x 20" x 2½")