

# Baked Beans

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

## CACFP Crediting Information:

Beans, peas, and lentils as meat/meat alternate: ½ cup provides 2 oz eq meat/meat alternate.

Beans, peas, and lentils as vegetable: ½ cup provides ½ cup vegetable (½ cup beans, peas, and lentils).



**Preparation Time: 15 minutes**  
**Cook Time: 40 minutes**  
**Makes: 6 servings**

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## Ingredients

- 3 ¼ cups or 1 lb 13 ½ oz canned vegetarian beans, low-sodium, with liquid
- ¾ cup or 3 oz onion, yellow, fresh, small dice
- 2 Tbsp or 1 oz pineapple, canned, in juice, crushed
- 2 Tbsp or 1 ¼ oz tomato paste, canned, no salt added
- 2 Tbsp or ¾ oz brown sugar, packed
- 1 Tbsp mustard, yellow
- 1 tsp liquid smoke
- 1 tsp mustard, ground
- ¾ tsp vinegar, apple cider
- ½ tsp cinnamon, ground
- ⅛ tsp black pepper, ground
- ⅛ tsp allspice, ground

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## Directions

- 1 Preheat oven:  
Conventional oven: 375 °F.  
Convection oven: 350 °F.
- 2 In a large mixing bowl, combine beans, onions, crushed pineapple, tomato paste, brown sugar, yellow mustard, liquid smoke, ground mustard, apple cider vinegar, cinnamon, black pepper, and allspice. Stir well.
- 3 Pour the bean mixture into a (9" x 13" x 2") baking dish, sprayed with a pan release spray.
- 4 Bake:  
Conventional oven: 375 °F 30-40 minutes.  
Convection oven: 350 °F 30-35 minutes.  
**Critical Control Point:**  
Heat to 140 °F or higher for at least 15 seconds.  
Hold at 140 °F or higher until served.
- 5 Serve ½ cup (portion with 4 oz slotted spoon).

**NUTRITION INFORMATION**

For ½ cup (4 oz slotted spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>207</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>168 mg</b>
<b>Total Carbohydrate</b>	<b>39 g</b>
Dietary Fiber	6 g
Total Sugars	13 g
Added Sugars	4 g
<b>Protein</b>	<b>6 g</b>
Vitamin A	0 RAE
Vitamin C	2 mg
Calcium	16 mg
Iron	0 mg

**NOTES**

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

**Source:**

USDA Standardized Recipe Project — 2025