

# BAKED BEANS (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

½ cup of bean/pea/lentil vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Ham, Cooked, Smoked, Boneless, #1053	8 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Beans, Baked, Vegetarian, Low Sodium, #10 Can, #2806	4 #10 cans + 6 1/2 cups
Onions, Chopped, Dehydrated, #2738	2 cups
Mustard, Powder, Dry, #2712	1/4 cup
Sugar, Brown, #2024	3 cups , packed
Paste, Tomato, #10 Can, #2825	2 cups
Water, Municipal, Mississippi	1 quart
Sauce, Worcestershire, Bulk, #2258	1/2 cup

**DIRECTIONS**

- If the ham is frozen, thaw it in the refrigerator. Drain the ham thoroughly on the day of assembly.  
CCP: Hold under refrigeration (41 degrees F or lower).
- Pour the canned beans into 12" x 20" x 4" steamtable pans that have been sprayed with pan release spray. For 100 servings, use 2 half-size steamtable pans.
- Combine the onions, dry mustard, brown sugar, tomato paste, water, Worcestershire sauce, and ham. Blend the ingredients thoroughly together.
- Divide mixture evenly over beans in each steamtable pan. Stir to combine the ingredients, then cover the pans.
- To bake:
  - Conventional oven: 350 degrees F for 45 minutes to 1 ¼ hours.
  - Convection oven: 325 degrees F for 45 minutes to 1 hour.
 Remove the aluminum foil or cover during the last 30 minutes of baking to encourage browning.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove the baked beans from the oven. Serve them immediately, or cover the beans and place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in the aluminum foil.  
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check the temperature every 30 minutes.
- Portion with a 4-ounce ladle or 4-ounce spoodle per serving. Each portion provides ½ cup of bean/pea/lentil vegetable.  
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

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**SERVING NOTES**

-If menued as a vegetable, ½ cup beans provides a ½ cup of beans/peas/lentils vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Baked beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the daily requirements.

**PURCHASING GUIDE**

-Refer to USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.  
-Use USDA Foods or Department of Defense (DoD) products when available.

**MISCELLANEOUS NOTES**

- Please see recipes "Baked Beans (Vegetarian)" (MRS 5000) for a vegetarian baked beans recipe and "Baked Beans with Spice Blend (Canned)" (MRS 5540) for a recipe using the MS Creole Spice Blend.  
- If changes are made in ingredients, check the crediting information, and re-calculate the nutrition analysis.

**NUTRIENTS PER SERVING**

Calories	209	Dietary Fiber	5.40 g	Sodium	185.00 mg	Sat. Fat	0.00 g
Carbohydrates	40.00 g	Protein	6.00 g	Total Fat	1.30 g	Trans Fat	0.00 g

**ILLUSTRATED PRESENTATION OF BAKED BEANS (CANNED)**

1.



1 serving of Baked Beans (Canned)