

# BAKED BEANS WITH SPICE BLEND (CANNED)

## MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/legume 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)
Beans, Baked, Vegetarian, Low Sodium, #10 Can, #2806	4 #10 cans + 6 1/2 cups
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Onions, Chopped, Dehydrated, #2738	3/4 cup
Mustard, Powder, Dry, #2712	2 tablespoons
Sauce, BBQ, Hickory Smoke, #2253	2 cups
Water, Municipal, Mississippi	2 cups
Pepper, Black, Ground, #2718	1 teaspoon
Spice Blend MS, Creole, No Salt, #2736	2 tablespoons
Sauce, Worcestershire, Bulk, #2258	1/2 cup

## DIRECTIONS

- 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.
- Mix the onions, mustard powder, BBQ sauce, water, black pepper, Creole Spice Blend, and Worcestershire sauce together. Divide the mixture evenly among the pans of the beans. Stir the mixture lightly to combine the ingredients, then cover the pans.
- To bake:  
Conventional oven: 350 degrees F for 1 ½ hours.  
Convection oven: 350 degrees F for 45 minutes.  
During the last 30 minutes of baking, remove the aluminum foil to encourage browning.  
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides ½ cup of bean/pea/legume vegetable.  
CCP: Hold and maintain the product at a minimum 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 within an additional 4 hours.

## PRODUCTION NOTES

Use USDA Foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

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## MISCELLANEOUS NOTES

1 pound, 8 ounces of fresh onions may be substituted for dehydrated onions.

Baked beans must be counted as either a vegetable or meat/meat alternate and cannot be counted as meeting both components in the same meal.

Please see recipes "Baked Beans (Canned)" (MRS 5535) for a baked beans recipe using the ham and "Baked Beans (Vegetarian)" (MRS 5000) for a recipe using the MS Southwest Spice Blend.

## NUTRIENTS PER SERVING

Calories	141	Dietary Fiber	5.77 g	Sodium	168.47 mg	Sat. Fat	0.10 g
Carbohydrates	31.60 g	Protein	6.69 g	Total Fat	0.58 g	Trans Fat	0.00 g

## ILLUSTRATED PRESENTATION OF BAKED BEANS WITH SPICE BLEND (CANNED)

1.



1 serving of Baked Beans w/Spice Blend (canned)