

# BAKED BEANS (CANNED) - USDA FOODS


**MEAL COMPONENT CONTRIBUTION:**

1/2 cup of 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, USDA, #100364	4 #10 cans + 6 1/2 cups
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Onions, Chopped, Dehydrated, #2738	2 cups
Mustard, Powder, Dry, #2712	1/4 cup
Sugar, Brown, #2024	3 cups , packed
Water, Municipal, Mississippi	1 quart
Paste, Tomato, #10 Can, #2825	2 cups
Ham, Cooked, Diced, Water Added, USDA	8 ounces
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.
- Combine the onions, dry mustard, brown sugar, water, tomato paste, ham, and Worcestershire sauce. Blend the ingredients together well.
- 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 1 ¼ hours.
  - Convection oven: 325 degrees F for 45 minutes to 1 hour.

Remove cover during last half hour of baking to brown beans.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

- Remove the 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 aluminum foil.
- 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 the 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

3 pounds of fresh, chopped onions may be substituted for dehydrated onions.

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

Please see recipes "Baked Beans with Spice Blend" (MRS 5540) for a baked beans recipe using the MS Creole Spice Blend and "Baked Beans (Vegetarian)" (MRS 5000) for a recipe using the MS Southwest Spice Blend.

## NUTRIENTS PER SERVING

Calories	169	Dietary Fiber	6.07 g	Sodium	193.00 mg	Sat. Fat	0.18 g
Carbohydrates	38.34 g	Protein	7.37 g	Total Fat	0.80 g	Trans Fat	0.00 g

## ILLUSTRATED PRESENTATION OF BAKED BEANS (CANNED) - USDA FOODS

1.



1 serving of Baked Beans (Canned)