

Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

I-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	14 lb 10 oz	1 gal 2 ½ qt (2 ⅙ No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 ¼ No. 10 cans)	1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend. 3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans. 4. Bake: Conventional oven: 350° F for 2 ¼ hours Convection oven: 325° F for 1 ¼ hours Remove cover during last ½ hour of baking to brown the beans. CCP: Heat to 165° F or higher for 15 seconds. 5. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 4 ½ cups	
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		¼ cup	
Brown sugar, packed	3 ¾ oz	¾ cup 1 ½ Tbsp	7 ½ oz	1 ⅔ cups	
Water		2 cups		1 qt	
Canned tomato paste	9 ½ oz	1 cup 1 Tbsp	1 lb 3 oz	2 cups 2 Tbsp	
*Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:

⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate

OR

⅔ cup (No. 6 Scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: 16 lb 12 oz

VOLUME:

50 Servings: 2 gallons 1 cup
1 medium steamtable pan

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100 Servings: 33 lb 8 oz

100 Servings: 4 gallons 2 cups
2 medium steamtable pans

Tested 2004

Nutrients Per Serving

Calories	159	Saturated Fat	0.16 g	Iron	0.86 mg
Protein	6.78 g	Cholesterol	0 mg	Calcium	86 mg
Carbohydrate	35.99 g	Vitamin A	360 IU	Sodium	532 mg
Total Fat	0.64 g	Vitamin C	7.8 mg	Dietary Fiber	7.0 g