

Baked Beans (Using Canned Vegetarian Beans)

Meal Components: Vegetable, Meat / Meat Alternate

Side Dishes, I-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium canned vegetarian beans	14 lb 10 oz	1 gal 2 1/2 qt (2 1/8 No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 1/4 No. 10 cans)	<ol style="list-style-type: none"> Pour 14 lb 10 oz (1 gal 2 1/2 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. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.
*Fresh onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt	
OR	OR	OR	OR	OR	
Dehydrated onions	4 1/2 oz	2 1/4 cups	9 oz	4 1/2 cups	
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		1/4 cup	
Brown sugar, packed	3 3/4 oz	3/4 cup 1 1/3 Tbsp	7 1/2 oz	1 2/3 cups	
Water		2 cups		1 qt	

Cooked ham, diced (optional) 1 lb 3 cups 2 lb 1 qt 2 cups

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

Notes

Comments:
 *See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

Marketing Guide

Food as Purchased for

50 Servings

50 Servings

Mature onions

1 lb 12 oz

3 lb 8 oz

Serving	Yield	Volume
<p>2/3 cup (No. 6 scoop) provides: Legume as Meat Alternate: 2 oz equivalent meat alt and 1/8 cup additional vegetable.</p> <p>Legume as Vegetable: 1/2 cup legume vegetable and 1/8 cup additional vegetable. Count legume vegetable as meat alt or vegetable not both.</p>	<p>50 Servings: 16 lb 12 oz</p> <p>100 Servings: 33 lb 8 oz</p>	<p>50 Servings: 2 gallons 1 cup 1 medium steamtable pan</p> <p>100 Servings: 4 gallons 2 cups 2 medium steamtable pans</p>