

# BBQ Baked Beans - NSLP

## General Information

Recipe #	Category	Source
1967546	Vegetables 	Local

## Ingredients

Name	Quantity	+	Quantity 2
Beans, pinto, canned, drained solids	4 ½ #10 can, drained		
Onions, raw	1 ½ c. chopped		
Mustard, prepared, yellow	2 tbsp. or 1 packet		
Catsup, low sodium	1 c.		
Sauce, barbecue	1 ½ c.		
Garlic, raw	¼ c.		
Beverages, water, tap, municipal	1 pt.		

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Drain beans then pour into a bowl.
2. Combine diced onions, mustard, brown sugar, catsup, BBQ sauce, garlic, and water. Stir until blended.
3. Divide mixture between pans and cover with foil. Bake at 325 degrees F for 1 hour and 15 minutes. (Remove cover during the last 30 minutes to brown the beans) Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Remove product from dry storage room using oldest pack date first.

Clean top of can before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

Place product in clean pan for heating. Heat product according to manufacturer instructions.

Remove product from steamer, oven or steam kettle. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.



## BBQ Baked Beans - NSLP

Serving Size	Yield
0.5 Cup	50.00

## Nutrition Facts

Serving Size 0.5 Cup (201 gm)		
Amount Per Serving		
Calories		218.867
		% Daily Value*
Total Fat	1.633 gm	2.512%
Saturated Fat	0.280 gm	1.4%
Trans Fat	0.000 gm	
Cholesterol	0.000 mg	
Sodium	503.111 mg	20.963%
Total Carbohydrate	40.297 gm	13.432%
Dietary Fiber	9.668 gm	38.672%
Total Sugars	5.014 gm	
Includes 0.000 * gm of Added Sugars		
Protein	12.263 gm	24.525%
Vitamin A	2.342* mcg RAE	0.26%
Vitamin C	1.013 mg	1.689%
Vitamin D	0.000 mcg	
Calcium	114.846 mg	11.485%
Iron	2.390 mg	13.276%
Potassium	516.152 mg	10.982%
Saturated Fat % of Calories		1.152 %
Added Sugar % of Calories		0.000 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Beans, Peas, and Lentils	0.5 cups

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Record time and internal temperature of completed recipe on daily log.

**Added Sugar Limitations** ⓘ

Not applicable.

**Dates**

Last Updated  
09-09-2025

Created  
09-09-2025

Edit Recipe