



## Baked Beans

6 servings / \_\_\_\_ cups or \_\_\_\_ oz  
(125 cal SGC / 25 cal NSV)



72%  
34.4 g  
Carbs

9%  
2 g  
Fat

19%  
9.2 g  
Protein

- 2 slices Bacon, diced
- 8 oz Sweet Onion, diced
- 8 oz Bell Pepper (add in 1-2 Jalapeño peppers if desired)
- 2 cloves Garlic, minced
- 1 tbsp Smoked Paprika
- 1/2 tsp Chipotle Chili Powder
- 1 tsp Chili Powder
- 2 tbsp Apple Cider Vinegar
- 2 tbsp Bbq Sauce (favorite)
- 2 tbsp Ketchup
- 1 tbsp Dijon Mustard
- 1 tbsp Brown Sugar
- 2 cans Great Northern Beans, do not drain (or bean of choice)

Preheat the oven to 400 degrees F. In a nonstick skillet, sauté bacon. Cook until it's brown and crisp. Stir in the onion, pepper and garlic. Cook, stirring often, until vegetables softens, about 5 minutes. Stir in the paprika and chili powder. Cook for 1 to 2 minutes. Stir in the vinegar, BBQ sauce, ketchup, mustard and brown sugar. Stir in the beans. Season with salt and pepper as needed. Bring the mixture to a boil, then turn off the heat. Place in a casserole dish, cover with foil, and bake for 20-30 minutes or until bubbly.

Want to add to MFP? Search MGL Baked Beans in the food database.

Recipe adapted from How Sweet Eats.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
<b>calories 193</b>	
% Daily Value *	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 3 mg	<b>1 %</b>
<b>Sodium</b> 584 mg	<b>24 %</b>
<b>Potassium</b> 202 mg	<b>6 %</b>
<b>Total Carbohydrate</b> 34 g	<b>11 %</b>
Dietary Fiber 9 g	36 %
<b>Sugars</b> 8 g	
<b>Protein</b> 9 g	<b>18 %</b>
Vitamin A	6 %
Vitamin C	19 %
Calcium	9 %
Iron	14 %

### Recommendations from Mama G:

Perfect to accompany any BBQ meal. Use half a serving if you would like to include a half piece of corn with your meal. Pair with protein and NSV to hit calorie and food group goals.

