

Bacon Baked Beans



Prep:

15 mins

Total:

45 mins

Sirve:

12 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Baked Beans usually come out of a can and lack that extra "umph" of flavor. Take ordinary canned beans and add a Saladmaster twist with the 5 Qt. Multi-Purpose Oil Core (MP5). Perfect for any summer BBQ or as a side to any meal. Adding a few key ingredients will change the way you think about baked beans.

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1 medium
white onion, strung, use Cone #2
1 lb
smoked sausage, cubed
1 package
bacon, cooked
2 tbsp
brown sugar
1 tbsp
garlic powder
1 cup
barbecue sauce
1 tbsp
liquid smoke
¼ cup
ketchup
2 tbsp
yellow mustard

Preparación :

1. Preheat MP5 at 300°F/150°C for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add onions, cover and cook for 5 minutes, or until onions are translucent.
3. Add the rest of the ingredients and combine. Cover and when the Vapo-Valve™ begins to click, turn the temperature down to 200°F/95°C and cook for an additional 30 minutes.

Consejos:

- Omit the bacon and sausage to make this recipe vegetarian. Substitute with meatless crumbles or squash and zucchini.

Información nutricional por ración

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Calorías:	410
Grasa Total:	13g
Grasa	4g
Saturada:	
Colesterol:	13mg
Sodio:	962mg
Carbohidratos:	53g
Fibra	16g
Dietética:	
Azúcar:	9g
Proteína:	14g