

Baked Beans with Cilantro

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Cilantro really lifts baked beans out of the doldrums in this simple recipe.

- 5 #10 cans vegetarian beans, rinsed
- 10 large Spanish onions, diced (3¾ pounds)
- 1¾ cups molasses
- 3½ tablespoons dry mustard
- 1¾ cups brown sugar
- 3¾ cups water
- 1¾ cups tomato paste
- 1¼ cups chopped fresh cilantro—stems only are fine (⅔ bunch)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Without draining the beans, pour the beans into 2 hotel pans.

Combine onions, molasses, dry mustard, brown sugar, water, and tomato paste. Blend.

Pour the blended mixture over the beans, and stir to combine.

Cover pans and bake in a conventional oven at 350°F for 2¼ hours (or in a convection oven at 325°F for 1¼ hours).

Remove the cover during the last 30 minutes of baking to brown the beans and stir in the cilantro.

Hold for service.

NUTRITIONAL INFORMATION

CALORIES: 199; SODIUM: 578.07 MG; SATURATED FAT: 0.61%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

1 OUNCE M/MA