Baked Beans with Cilantro

BY CHEF BETTY ANN PEA, ANDOVER MIDDLE SCHOOL, ANDOVER PUBLIC SCHOOLS

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)
1¼ cups molasses
3½ tablespoons dry mustard
1¼ cups brown sugar
3¼ cups water
1¼ cups tomato paste
1¼ cups chopped fresh cilantro—stems only are fine (2/3 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 1½ 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

1.3.1 ※ LET’S COOK: HEALTHY SCHOOL MEALS