

# DANIEL'S FAVORITE BAKED BEANS

**F EASY**

Last Modified: 07/24/2014

PREP: 1 Hr  
COOK: 2 To 6 Hrs  
OVEN: 325

VEGETABLES

**MAKES 10 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	56 Oz	Can Pork & Beans (Bush's Original)	Drained
PLUS			
1	28 Oz	Can Pork & Beans (Bush's Original)	Drained
OR			
5	Pounds	Dry Navy Beans (Soaked & Boiled)	
OR			
6	16 Oz	Cans ANY Bean You Like	Drained
1	Cup	Dark Brown Sugar	Packed
1	Large	Yellow Onion	Fine Chop
1	Cup	Dark Corn Syrup (Karo)	
1/4	Cup	Yellow Mustard (Heinz)	
1/2	Cup	Tomato Sauce (Hunts)	
3	Tbsp	Ketchup (Heinz)	
2	Tbsp	Golden Molasses (Mother Hubbard's)	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
3/4	Pound	Thin Sliced Bacon	1/4" Lardons
1/4	Pound	Thin Sliced Bacon	Halved
4	Tbsp	Cider Vinegar (Heinz)	
1	Tbsp	Corn Starch (Mixed With)	Thickening
1	Tbsp	Water	Thickening

## OPTIONAL

1	Large	Green Pepper	Fine Chop
A Favorite Bottled BBQ Sauce To Taste (Especially If NOT using Bush's)			

## PREPARATION

<b>FACTOID</b>	Who is Daniel????? Who knows, but these devils are GOOD no matter which beans you choose to use! I usually make a double batch and make it in a slow cooker (See the CAUTION below of you want to use Dried Beans).
<b>FACTOID</b>	This recipe is courtesy of Charlie (Jim) Thorpe's Grandmother (Yes, Charlie is Black & Jim was an Indian - Go figure). In 1980, When I first moved from Saginaw to Philadelphia, the first weekend I was there. Charlie invited me to their massive family reunion in South Philly. This is Granny Thorpe's recipe, she said it was her great grandmothers & I never really got the chance to ask her who "Daniel" was. See the Seafood Recipe "Steamed Maryland Blue Crabs" for a bit more.

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<b>CAUTION</b>	You may also substitute ANY mixture of cooked dried Beans you like in place of the canned Beans. B U T REMEMBER, most Dried Beans are <u>toxic</u> because of a natural insecticide (phytohemagglutinin, or PHA), unless they are soaked in water for 5 Hours, Drained and then briskly boiled in fresh water for at least 10 Minutes (Do NOT re-use this poisonous water). Cooking Dried Beans in a Slow Cooker or Roaster on low heat can actually <u>INCREASE</u> the toxicity level in the Beans. Red Kidney Beans have the worst levels of PHA, followed closely by Butter Beans, Lima Beans, Fava Beans, etc. In other words, it's safer to treat ALL beans as though they are Toxic. Fresh Green Beans are NOT toxic since their seeds have not fully developed in the pods.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Large Mixing Bowl</li> <li>2) Large Baking Dish OR Large Casserole Dish OR Slow Cooker OR Electric Roaster</li> <li>2) Large Stainless Steel Skillet</li> <li>3) Fine Wire Strainer</li> </ol>
<b>HINTS</b>	If canned Beans are allowed to set upright undisturbed overnight, most of the liquid will rise to the top making draining a bit EASIER.
<b>HINTS</b>	To save time, I have recently taken to putting the Bean Mixture in a slow cooker crock and baking the crock in the oven. Place the crock back in the slow cooker on warm for serving.
<b>PREP</b>	<p><b>DISH</b></p> <ol style="list-style-type: none"> <li>1) Drain the chosen canned Beans and set them aside.</li> <li>2) Finely chop the Yellow Onions and set them aside.</li> </ol>
<b>1</b>	In a large skillet over medium heat, fry the Bacon Lardons & Slices until the Fat renders out. Pour off as much of the Bacon Fat as you can, leaving that delicious "fond" in the bottom of the pan.
<b>2</b>	In the Skillet, over medium heat, saute the Yellow Onion and Green Pepper (If Using) until the Onions become transparent and set them aside (Do NOT drain).
<b>3</b>	In a large mixing bowl, add in the Brown Sugar, Corn Syrup, Mustard, Tomato Sauce, Ketchup, Molasses, Worcestershire Sauce, Cider Vinegar and the Corn Starch (Mixed in Water). Whisk until the Sugar dissolves and the ingredients are well mixed together.
<b>4</b>	Stir in the Onions and Bacon Lardons. Thoroughly mix in the drained Beans.
<b>5</b>	Preheat the oven to 325 degrees. In a large baking or casserole dish, pour in the Bean mixture and level it out. Arrange the reserved short Bacon Strips evenly on top. Bake for 2 Hours or until the top dries and darkens. DOUBLE the time for a double batch or they will be RUNNY.
<b>HINTS</b>	If using a slow cooker or electric roaster, Cook ONLY on low heat uncovered in order to prevent burning for a total of 4 to 6 hours. DO NOT STIR during cooking in order to achieve that nice "dark skin" on the top.
<b>SERVE</b>	Set a small ladle on the side and let people serve themselves - GREAT either hot, warm or cold..

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