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BBQ Baked Beans

Yield: 4 min Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/southern-baked-beans-recipe-with-hamburger-meat

Ingredients:

- great northern beans lb. dry
- 1 teaspoon baking soda
- 1 pound turkey bacon cubed
- 1 pound hamburger cooked and drained
- 1 onion small, chopped
- 2 cups broth Swanson Louisiana Cajun flavored
- 1 cup brown sugar
- 1/2 cup maple syrup
- 8 ounces tomato sauce
- 1/2 cup molasses
- 2 tablespoons worcestershire sauce
- 1 tablespoon sauce sirracha
- 1 teaspoon garlic powder
- 2 teaspoons liquid smoke
- 1/4 cup yellow mustard
- 1/4 cup bbq sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups water bean
- beans Sort

Nutrition:

Calories: 1200 calories
Carbohydrate: 126 grams
Cholesterol: 190 milligrams

4. Fat: 51 grams5. Fiber: 4 grams6. Protein: 60 grams

7. SaturatedFat: 16 grams8. Sodium: 4420 milligrams

9. Sugar: 99 grams10. TransFat: 1 grams

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