

Cowboy Beans

Yield: 7 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-bbq-beans-recipe>

Ingredients:

- 1/2 pound smoked bacon thick-cut
- 1 yellow onion small, diced
- freshly ground pepper
- salt
- 1/2 pound small white beans or dried Great Northern, picked over, soaked overnight in water to cover and drained
- 1 cup barbecue sauce basic, see related recipe at left
- 1/2 cup tomato ketchup
- 1/4 cup light brown sugar firmly packed
- 1/4 cup molasses
- 2 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon dry mustard
- 1 tablespoon granulated garlic
- 1 tablespoon chili powder

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 10 grams
6. Protein: 13 grams
7. SaturatedFat: 5 grams
8. Sodium: 1410 milligrams
9. Sugar: 40 grams

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