

Smoky Southern Baked Beans

Yield: 10 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-pinto-beans-recipe-for-barbecue-baked-beans>

Ingredients:

- 2 tablespoons ghee or butter, or melted tallow, duck fat, or bacon grease
- 6 ounces ground beef 85-90%
- 1 medium onion chopped
- 1 green bell pepper minced
- 5 cloves garlic minced
- 2 tablespoons dark brown sugar see notes
- 1 tablespoon Worcestershire sauce EACH:, smoked paprika, yellow mustard, AND chipotle pepper, optional
- 1/2 teaspoon garlic powder EACH:, AND onion powder
- 1/4 cup apple cider vinegar EACH:, AND molasses
- 1/2 cup ketchup EACH:, passata, AND BBQ sauce
- 1/4 teaspoon cayenne pepper EACH, AND red pepper flakes
- 46 1/2 ounces pinto beans or navy, drained and rinsed

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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