

# Smoky BBQ Baked Beans

Yield: 8 min  
Total Time: 80 min

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

## Ingredients:

- 1 pound dried navy beans 2 lb navy beans, soaked in three times as much water for 8 hours or overnight.
- 1 smoked pork hock, about 1 lb, same, use all meat \*
- 2 bay leaves 3 bay leaves
- 14 ounces tomatoes can of crushed or pureed, 28 oz can crushed tomatoes
- 2 tablespoons yellow mustard 1/4 cup yellow mustard
- 2 tablespoons blackstrap molasses 1/4 cup molasses
- 2 tablespoons red wine vinegar 1/4 cup vinegar
- 1/4 cup maple syrup 1/2 cup maple syrup
- 1 1/2 tablespoons worcestershire sauce 3 tbsp wooster
- 1 1/2 tablespoons brown sugar packed, 3 tbsp brown sugar
- 3 cloves garlic 6 cloves garlic
- 1 chili pepper
- 1 teaspoon adobo sauce
- 1 teaspoon cumin powder 2 tsp cumin
- 1/2 teaspoon allspice 1 tsp allspice
- 2 cups chicken stock plus 1 – 1.5 cups more as needed, 4 cups chicken stock + 2-3 more cups as needed
- kosher salt to taste

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. Sodium: 400 milligrams
8. Sugar: 14 grams

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