

# Southern Potluck Baked Beans

While baked beans are easily found in canned varieties these days, there's nothing that compares to the rich, sweet, and tomato-y goodness of a homemade pan of baked beans. This recipe pays homage to the backyard barbecues, family reunions, and church picnics the South is known for.

MAKES 8 SERVINGS (½ CUP EACH)  
PREPARATION TIME: 3 HOURS

## Ingredients

1 pound dried navy beans  
2 quarts water  
2 (8-ounce) cans tomato sauce  
1 tablespoon tomato paste  
½ cup apple cider vinegar  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon reduced-sodium soy sauce  
2 tablespoons yellow mustard  
1 tablespoon molasses  
¼ teaspoon onion powder  
¼ teaspoon black pepper  
Salt, to taste (optional)



### About the Recipe Author

Recipe by Regan Jones, RDN, registered dietitian nutritionist and certified personal trainer. She is the creator and host of This Unmillennial Life, an iTunes Top 25 Personal Journal podcast and food blog for women who've fallen into a generational gap.



## Instructions

1. Sort and rinse beans; place in a large Dutch oven or pot. Cover with water and soak overnight.
2. Drain beans and return to Dutch oven or pot. Add 2 quarts fresh water. Bring to a boil. Cover, reduce heat to medium, and simmer 2 hours or until beans are tender. Drain beans, and return to the Dutch oven or pot.
3. Add remaining ingredients to beans, stirring well. Transfer to a large casserole dish. Cover and bake at 350°F for 1 hour.

**Note:** This is a healthier, lower-sugar version of Southern-style baked beans, however if you want a more classic version, you may increase brown sugar to ½ cup and molasses to 2 tablespoons.

Nutritional Analysis (½ cup serving): 171 calories, 43 g carbohydrate, 19 g fiber, 9 g total sugar, 4 g added sugar, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 13 g protein, 234 mg sodium

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