

Smoky Baked Beans with Chorizo

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Servings: 12

Preparation Time: 20 minutes

Start to Finish Time: 10 hours 30 minutes

Be sure to use firm, dry-cured Spanish chorizo and not soft, raw Mexican chorizo for this recipe.

1 pound (2 1/2 cups) dried Great Northern beans

1 cup dry-cured Spanish chorizo, diced

4 cups onion, chopped

8 cloves garlic, thinly sliced

4 cups water

2 tablespoons fresh oregano, chopped

2 tablespoons fresh thyme, chopped

1 1/2 teaspoons salt

1 teaspoon ground cumin

1/2 teaspoon smoked paprika

1/2 teaspoon paprika

2 bay leaves

2 tablespoons brown sugar

3 tablespoons no-salt-added tomato paste

3 tablespoons molasses

1/4 teaspoon crushed red pepper

2 1/2 tablespoons red wine vinegar

1/4 teaspoon black pepper

1/8 teaspoon ground red pepper

1/2 cup green onions, chopped

2 tablespoons fresh flat-leaf parsley, chopped

Sort and wash beans; place in a Dutch oven. Cover with water to two inches above the beans. Cover; let stand 8 hours. Drain.

PREHEAT OVEN TO 350 DEGREES.

Heat a large Dutch oven over medium heat. Add the chorizo; cook 4 minutes or until fat begins to render. Add onion and garlic; saute' 10 minutes or until tender. Add beans, water, oregano, thyme, salt, cumin, smoked paprika, paprika and bay leaves; bring to a boil. Cover, reduce heat and simmer for 45 minutes or until beans are just tender.

stir brown sugar, tomato paste, molasses and crushed red pepper into the bean mixture; bring to a simmer.

Cover; bake for 1 1/2 hours or until beans are very tender and sauce is thick.

Remove from oven; stir in vinegar, black pepper and ground red pepper.

Discard bay leaves. Sprinkle with green onions and parsley.

Per Serving (excluding unknown items): 98 Calories; trace Fat (3.0% calories from fat); 4g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 277mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.