

Side Dish

Spicy Baked Beans

Southern Living Best Barbecue Recipes - June 2011

Servings: 12

Preparation Time: 15 minutes

Bake Time: 45 minutes

1 pound ground pork sausage
1 onion, chopped
2 cans (28 oz) bold-and-spicy baked beans
1 can (15 oz) black beans, drained
1 can (15 oz) light or dark kidney beans, drained
3 cups bottled barbecue sauce
1/2 cup firmly packed dark brown sugar
1/4 cup yellow mustard
1 teaspoon black pepper
1/2 teaspoon ground red pepper
1 teaspoon garlic powder (optional)

Preheat the oven to 350 degrees.

Cook the pork sausage in an ovenproof Dutch oven over medium-high heat, stirring until the sausage crumbles and is no longer pink. Drain, reserving two teaspoons of drippings in the Dutch oven.

Return the sausage to the Dutch oven.

Stir in the onion, baked beans, black beans, kidney beans, barbecue sauce, sugar, mustard, black pepper, red pepper and garlic powder (if desired).

Bake, uncovered for 45 minutes or until thickened and bubbly.

Per Serving (excluding unknown items): 63 Calories; trace Fat (6.5% calories from fat); 4g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.