



Moroccan Scented Baked Beans

Tempt taste buds with this aromatic serving of Bush's Best® Bean Pot Vegetarian Baked Beans enlivened with a blend of Moroccan spices including ginger, cumin, coriander and turmeric.

YIELDS: 30 SERVINGS | **SERVING SIZE:** ½ CUP | **PREP TIME:** 12 MINUTES | **COOK TIME:** 1 HOUR, 10 MINUTES

INGREDIENTS

Bush's Best® Bean Pot Vegetarian Baked Beans
Olive oil
Yellow onions, medium dice
Carrots, peeled and medium dice
Fresh garlic, minced
Fresh ginger, peeled and minced
Pitted dates, chopped
Ground cumin
Ground coriander
Ground turmeric
Crushed red chili flakes
Paprika
Ground cinnamon
Black pepper
Kosher salt

QUANTITY

1, #10 can
2 Tbsp
2 each
2 each
3 each
3 Tbsp
8 oz
3 tsp
2 tsp
1 tsp
½ tsp
1 tsp
¼ tsp
2 tsp
2 tsp

1. Heat olive oil over medium-high heat in medium sauté pan. Add onions, carrots, garlic and ginger and sauté for 5 to 6 minutes.
2. Add the dates and remaining spices. Stir to combine and continue to cook for another 2 to 3 minutes.
3. Add baked beans to a 4 inch half hotel pan, then add vegetable mixture and stir well to incorporate. Cover with foil and bake for 30 minutes in a 350°F pre-heated convection oven. After 30 minutes remove foil and cook for another 30 minutes.
4. Serve ½ cup portions.



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Nutrition Facts		
Serving Size 1/2 cup (133g)		
Servings Per Container 30		
Amount Per Serving		
Calories 150 Calories from Fat 10		
% Daily Value*		
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 600mg		25%
Total Carbohydrate 32g		11%
Dietary Fiber 5g		20%
Sugars 14g		
Protein 6g		
Vitamin A 15% • Vitamin C 2%		
Calcium 4% • Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	less than	65g 80g
Sat Fat	less than	20g 25g
Cholesterol	less than	300mg 300mg
Sodium	less than	2,400mg2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

