



ThompsonsBeans.com

Smoked Baked Beans

Serves 8

Smokey goodness with this recipe!

½ pound bacon, thinly sliced

2 onions, diced

1 sweet bell pepper (red, orange, or yellow), diced

907 g (2 lbs.) of cooked Thompsons White Pea Beans or pinto beans (approx. 12-14 cups) * **See (alternate) Easy Crockpot soak and simmer method below, or "Soaking and cooking directions" below. Soak 2 lbs. dry beans overnight, drain, add 5 cups of water then simmer for 45 minutes to 2 hours until tender – it will not soften in the sauce).**

2 ½ cups of ketchup

¼ cup molasses

1 cup brown sugar

2 tablespoons Worcestershire sauce

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon chili powder

½ teaspoon mustard powder

½ teaspoon black pepper

¼ lb. (100 g) lean pork or low salt bacon, sliced

Soaking and cooking directions:

Sort and rinse beans. SOAK BEANS OVERNIGHT in cold water. Drain. Add 5 cups cold water, cover, heat to boiling, then simmer 45 minutes or until nearly tender. Drain.

1. Set Smoker for 250°F, using wood of choice (hickory or mesquite are excellent choices).
2. Cook bacon, onions and diced pepper in a skillet just until the onions are starting to get tender and a lot of the fat is cooked out of the bacon. Drain most of the bacon grease, keeping about 2-3 tablespoons.

3. In a large bowl, whisk together the ketchup, molasses, brown sugar, Worcestershire sauce and spices until combined.
4. Stir in the cooked white pea beans (or try cooked pinto beans), bacon and onion mixture and reserved bacon grease with the sauce until everything is coated in the sauce.
5. Pour into cast iron Dutch oven or disposable aluminum casserole dish.
6. Smoke beans for 2-3 hours.

Alternate Easy Crockpot soak and simmer method:

1. Sort, examine and rinsed beans prior to cooking.
2. In large crockpot, use 3 cups (750 ml) of cold water for each cup (250 ml) of sorted and rinsed beans.
3. Add beans and water to crockpot, cook on low for 6 hours or overnight.
4. Drain off cooking water and proceed with rest of recipe or freeze for later use.



Photo Credit: The Cozy Apron

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