

## Baked Beans

Author: Found on the internet with this title of "KFC Cole Slaw"



**44 ounces B & M baked beans**  
**10 ounces crushed pineapple, drained**  
**3 ounces bacon, or salt pork, chopped**  
**1/2 cup onion, minced**  
**1/2 teaspoon ground cinnamon**  
**1/2 tablespoon dijon mustard**

**Blog: Carolyn T's Blog:**  
**<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 290 Calories;  
8g Fat (23.8% calories from fat); 12g Protein; 44g  
Carbohydrate; 10g Dietary Fiber; 15mg Cholesterol;  
658mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean  
Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 0 Other  
Carbohydrates.*

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**Carolyn T's  
Cookbook**

**Servings: 8**

*Notes: The amount of beans is variable. It doesn't matter if there's more. Or less. By several ounces. You can also substitute other beans. The B & M baked beans already are sweetened, so if you use just canned beans, you'll want to add some molasses*

*Description: A blend of sweet and savory. Great for a dinner of summer grilling.*

1. In a large frying pan saute the bacon until it's rendered out its fat. You may discard the fat in the pan if you choose to. Add the chopped onion and continue frying it until it's begun to brown. Add the canned beans, pineapple, cinnamon and mustard. Stir to combine.
2. Bring to a simmer on the stovetop and cover. This can heat in a low oven (250 or so) for a couple of hours, or you can just simmer it on the stove for an hour or so to blend the flavors and cook the onion through. Use a slotted spoon to serve if it's still too soupy. If you bake it at a higher temperature, it will cook out most of the liquid. Serve.