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CAST IRON SKILLET BAKED BEANS WITH VEGGIE BACON

SERVES 8 as a side

INGREDIENTS:

one 10-11" cast iron skillet (or heavy bottomed sauté pan)

7-8 slices SoyBoy Tempeh Veggie Bacon

1 Tbs. vegetable oil (or more as needed)

1 cup diced onion (¼ - ½" dice)

1 large clove garlic, minced

one 28-ounce can vegetarian baked beans

one 15-ounce can red beans (drained, liquid reserved)

one 15-ounce can blackeye peas (drained, liquid reserved)

½ cup jarred barbecue sauce

1-2 Tbs. Dijon mustard (or mustard of choice)

PROCEDURE:

Add 1 Tbs. vegetable oil to the skillet on medium to medium high heat. Add 7-8 slices of veggie bacon and carefully cook to crisp on both sides. You may need to add a little more oil as needed and adjust the heat down a bit as the skillet continues to heat up.

While you're keeping your eye on that, peel and dice 1 cup of onion and peel, mince the large clove of garlic and drain the beans through a strainer, reserving the liquid to add a bit to the skillet as needed.

Take the bacon out of the skillet when crisped on both sides.

Add a little more vegetable oil and sauté the onion to soften, stirring occasionally. Then add the garlic, cook that along for 30 seconds or so, and then add the 28-ounce can of vegetarian baked beans, add the two 15-ounce cans of drained beans, add approx. ⅓ - ½ cup reserved liquid, ½ cup barbecue sauce and 1 generous Tbs. mustard and bring it up to a simmer.

Stir that occasionally as it is gently cooking along and thickening up.

While that's happening, crumble the cooked veggie bacon. Once the beans have thickened up, crumble the veggie bacon over the top and serve.

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