

media release

Colorado Department of Agriculture

www.colorado.gov/ag

www.facebook.com/coloradoag

FOR IMMEDIATE RELEASE

March 4, 2014

Contact: Wendy White, (303) 239-4119, Wendy.White@state.co.us

These Bacon Baked Beans Squeal With Delight

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado beans are featured in the **Dutch Oven Bacon Baked Beans** recipe.

Available Now...Beans

Colorado grows a wide range of bean varieties including pinto, light red kidney and black. The state produced more than 80 million pounds of dried beans in 2012. Beans are high in protein, fiber and folate and are a good source of potassium. A diet including beans may reduce the risk of heart disease and certain cancers. Look for Colorado beans at your local grocery store or at restaurants across the state.

Dutch Oven Bacon Baked Beans

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC

2 15 oz. Cans Pinto Beans, drained
2 15 oz. Cans Kidney Beans, drained
1 Lb. Thick Bacon, diced
1 Cup Red Onion, diced
2 Tbsp. Liquid Smoke
1/2 Cup Dark Molasses
1 Tsp. Vanilla Extract
1 Tsp. Fresh Garlic, ground
1/2 Cup Dark Brown Sugar
1 15 oz. Can Ground Tomato
1 Cup Maple Syrup
1/2 Cup Water
3 Tbsp. Steak Seasoning
1 Tsp. Smoked Black Ground Pepper

Heat a large Dutch oven on stove top or grill. Sauté bacon half way, then add red onions. Continue to sauté until onions turn golden. Add beans and remaining ingredients. Bring to boil, adjust seasoning then bake on your grill or in the oven for about 30 minutes. If using a grill, set to medium heat, or oven temperature of 375°F.

Visit www.coloradoagriculture.com for a complete list of recipes.

###