



# Smoky, Sweet & Spicy BBQ Beans

**PREP TIME:** 20 minutes

**Cook time for smoked beans:** 1.5 to 2 hours.

**Cook time for grilled beans:** 30 to 45 minutes.

**Difficulty:** Easy

**Servings:** 10



BBQ beans are hearty, bold and stick to your ribs delicious. Whether smoked or grilled, they are equally fantastic and a great side dish to accompany any BBQ main dish. They are sweet, saucy, smoky, and have a touch of spice. It's a delicious harmony of flavors!

BY [ERICA GAMBOA](#)

## Ingredients:

- 3-28 oz. can of Baked Beans- I prefer Bush's Baked Beans
- ½ cup dark brown sugar
- 10 slices of bacon, cut into bite size pieces

- 1 large onion, diced
- 2 Jalapeño chiles, dice and remove the seeds and ribs (if you desire more heat like I do, use 2 to 3 Serrano chiles, seeds and all)
- ¾ cups of BBQ sauce (I recommend using a Memphis Style sauce for this, it's vinegar notes will add the perfect balance of sweetness and tang to the beans)

## Directions:

1. Cook bacon in a skillet on medium heat until crispy. Drain the cooked bacon on a paper towel and set aside.
2. Reserve some of the rendered fat in the same skillet and store away the remaining bacon grease in an airtight container in the refrigerator to use in other recipes if you wish.
3. Add onion and chiles and sauté in reserved bacon fat for just a few minutes until the onions are translucent and remove from heat.
4. In a cast iron pot or an aluminum pan, place the beans, brown sugar, BBQ sauce, bacon, onions and chiles and mix until well combined.
5. **Smoking or Grilling the Beans**
6. **Smoking the Beans:** Place the beans uncovered in your smoker. Remember these beans are fully cooked and really only needing to be heated. The amount of time you leave them in your smoker is up to you and the intensity of smoke flavor you desire. **I recommend a minimum of 1.5 to 2 hours.** I have left my beans in my smoker for up to five hours and they were absolutely delicious. The heat is low and these cook fine for an extended amount of time.
7. **Grilling the Beans:** If you are putting these on a charcoal or propane grill, place them on the indirect heat side of your grill. **For about 30 to 45 minutes** stirring frequently so they do not stick. If the heat is too high you can remove them sooner as long as they are heated thoroughly and have come to a good simmer, allowing the flavors to marry well.

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# Nutrition

Servings:10

Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	<b>213</b>
	% Daily Value*
<b>Total Fat</b> 8.4g	11%
Saturated Fat 2.6g	13%
<b>Cholesterol</b> 21mg	7%
<b>Sodium</b> 844mg	37%
<b>Total Carbohydrate</b> 25.6g	9%
Dietary Fiber 2.3g	8%
Total Sugars 16.7g	
<b>Protein</b> 9.3g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 182mg	4%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</i>	
Recipe analyzed by <b>verywell</b>	

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