



Sweet & Smoky BBQ Baked Beans

These smoky BBQ baked beans are hearty, savory, slightly sweet, and full of rich baked-in flavor. The jalapeños give the dish a little heat, the date-sweetened BBQ sauce adds a lovely sweet contrast, and the smoky flavor gives the recipe that cookout feeling. The three-bean mix makes the whole dish feel substantial without being heavy, and the sauce thickens beautifully around the beans as they bake.

These beans are an excellent side dish alongside grilled meat, burgers, or any BBQ-style meal. They also make a great potluck dish because they are easy to make, easy to serve, and full of flavor.

Watch the full demo on my YouTube channel.

Ingredients

Choose organic ingredients whenever possible.

- 1 large yellow onion, finely chopped
- 1/2 red onion, finely chopped
- 1 tablespoon minced garlic
- 1/2 red bell pepper, finely chopped
- 2 medium jalapeños, finely chopped
- 1 1/4 cups beef broth, divided
- 1 cup Date Lady BBQ Sauce
- 1/2 cup no added sugar tomato paste
- 2 tablespoons Dijon mustard
- 1 teaspoon liquid smoke
- 2 tablespoons Worcestershire sauce
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can navy beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed

Seasoning Mix

- 1 tablespoon smoked paprika
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper

Instructions

Preheat the oven to 350 degrees.

Heat 1/4 cup of the beef broth in a skillet over medium heat. Add the chopped onion, red bell pepper, jalapeños, and garlic. Sauté until the vegetables soften and become fragrant, then remove from the heat and set aside.

In a medium bowl, combine the Date Lady BBQ Sauce, remaining 1 cup of beef broth, tomato paste, Dijon mustard, liquid smoke, and Worcestershire sauce. Whisk until smooth and well combined.

Drain and rinse the pinto beans, navy beans, and black beans, then place them in a large mixing bowl. Pour the sauce over the beans. Add the sautéed vegetables and the seasoning mix. Stir well until everything is evenly coated.

Transfer the bean mixture to a baking dish and spread it out evenly.

Bake at 350 degrees for 50 minutes, until the sauce has thickened and the beans are hot and bubbling around the edges.

Remove from the oven, let cool slightly, and serve warm.

Bon Appetit!