



Meaty Sweet Heat Baked Beans

Recipe By ONESHIA EDENS

SERVES: 4-6

INGREDIENTS:

- 2 (28 oz) cans baked beans (do not drain)
- 1 lb ground beef or smoked sausage (or a mix of both), browned
- 6 slices thick-cut bacon, cooked and chopped
- 1 small sweet onion, finely diced
- ½ red bell pepper, diced
- ½ cup brown sugar
- ¼ cup molasses or honey
- ⅓ cup BBQ sauce (smoky style)
- 2 tbsp ketchup
- 1 tbsp yellow mustard
- 1–2 tsp hot sauce (adjust to taste)
- ½ tsp smoked paprika
- ¼ tsp cayenne (optional for extra heat)
- fresh cracked black pepper

DIRECTIONS:

- 1. In a large skillet, cook the ground beef or sausage until fully browned. Drain excess grease.
- 2. In the same pan, sauté the diced onion and red bell pepper until softened and slightly caramelized, about 5 minutes.
- 3. In a large bowl, combine the baked beans, cooked meat, bacon, sautéed vegetables, brown sugar, molasses, BBQ sauce, ketchup, mustard, hot sauce, smoked paprika, cayenne, and black pepper. Stir until well blended.
- 4. Pour into a greased 9x13 baking dish. Bake uncovered at 350°F for 45–60 minutes, until thick, bubbling, and glossy on top.
- 5. Let rest for 10–15 minutes before serving so the sauce thickens into a perfect sticky, jammy texture.

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