



PRICE: \$11.25 CA | \$10.25 US (PKG OF 3)

VOLUME: 59 g (21 oz)

FLAVOUR PROFILE

Smoky barbecue flavour with a hint of molasses.

FEATURES & BENEFITS

Make it fast! Enjoy baked beans in 12 minutes in the microwave versus the usual 4-5 hours of slow cooking. One blend makes a hot bean dish or big-batch cold salad. Perfect for potlucks! Less sodium than most store-bought baked beans.

LABEL DIRECTIONS

SIMPLY BETTER BAKED BEANS

Whisk together seasoning with $\frac{3}{4}$ cup water, 1 can (398ml) crushed tomatoes, $\frac{1}{2}$ cup molasses and 2 tbsp vinegar. Drain and rinse 4 cans (540 ml each) pinto beans.

MICROWAVE: Combine sauce and beans in

Multipurpose Steamer. Cook, covered, on high 12 min. Makes 8 cups.

STOVE TOP: Cook sauce in **12 cup Multipurpose Pot** over medium heat, covered, 5 min. Stir in beans, simmer 10 min, stirring frequently. Makes 8 cups.

SIMPLY BETTER BEAN SALAD

In a large bowl whisk seasoning into $\frac{1}{2}$ cup each oil and vinegar with $\frac{1}{4}$ cup water. Stir in 3 cans (540 ml each) mixed beans, drained and rinsed, and 2 cups corn niblets. Let marinate 30 min. Makes 8 cups

INGREDIENTS LIST*

Chives, ginger, mustard, onion, organic coconut palm sugar, paprika, red bell pepper.

ALLERGENS AND SENSITIVITIES:

Onions, mustard.

KITCHEN HACK

For a spicier flavour, stir in 1 tbsp **Chipotle Aioli Mix** before cooking.

*Ingredient list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Pour hot baked beans over nachos, burgers or chili dogs.
- Wrap up with rice and leftover cooked chicken or beef in a tortilla.
- Spoon over toast and top with sliced avocado or a fried egg.

TASTING TIP

Prepare beans then portion into **Prep Bowls**. Bring one to taste at cooking class. Pairs well with Good Mexican. Real Fast. cooking class. Refrigerate or freeze remaining for future classes. One package will prep 8 classes.

COMPANION PRODUCTS

Check epicure.com for current availability

FOOD & BEVERAGES:

- Chipotle Aioli Mix
- Guacamole Dip Mix
- Poco Picante Salsa Mix
- Pulled Pork or Pulled Chicken Seasoning

COOKWARE:

- 4 Cup Prep Bowl
- Corner Spatula
- Multipurpose Pot (12 cup)
- Multipurpose Steamer

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts Valeur nutritive		
Per 1/16 package dry mix (3.7 g) / Par 1/16 du sachet de mélange (3,7 g)		
About 1/2 cup prepared / Environ 1/2 tasse préparé		
	Dry Mix† Mélange†	Prepared† Préparé†
Calories	15	130
% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.2 g†	1 %	1 %
Saturated / saturés 0 g		
Trans / trans 0 g	0 %	1 %
Carbohydrate / Glucides 3 g		
Fibre / Fibres 1 g	4 %	18 %
Sugars / Sucres 1 g	1 %	9 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium 0 mg	0 %	9 %
Potassium 50 mg	1 %	10 %
Calcium 10 mg	1 %	6 %
Iron / Fer 0.4 mg	2 %	13 %
† Amount in dry mix / Teneur dans le mélange.		
‡ Prepared adds 120 Calories, 1 g Fat (0.1 g Saturated), 23 g Carbohydrate (4 g Fibre, 8 g Sugars), 5 g Protein, 210 mg Sodium. / La recette préparée ajoute 120 Calories, 1 g Lipides (0,1 g saturés), 23 g Glucides (4 g Fibres, 8 g Sucres), 5 g Protéines, 210 mg Sodium.		
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup		