

## Styles Of Baked Beans

Baked beans are the perfect side dish for summer cookouts, picnics, and family gatherings. They are a classic accompaniment to summer barbecue meals!

Baked beans are nutritious, providing many healthy carbs, fiber, and plant-based protein. Since beans are inexpensive and provide a good source of nutrients, they are a popular food.

Baked beans are baked low and slow in a tangy, sweet, and savory sauce. Thick-skinned varieties like navy, great northern, kidney, or pinto beans are the best options to withstand long cooking. Navy beans are traditionally the go-to choice because they're small and stay tender after cooking.

Now, let's talk about how baked beans are made. The process starts with soaking the beans in water that covers them by at least 1 inch overnight in the refrigerator to soften them. Once soaked, drain the water off the beans. Add the soaked beans to a large stock pot. Cover the beans by 1 inch with fresh water. Bring water to a rapid boil and reduce to a simmer. Simmer beans for one hour. Drain cooked beans well. Prepare the sauce as directed in the recipe. The beans are then baked for several hours in a flavorful sauce. The most significant difference between canned and dried beans is the time it takes to prepare them.

### *New England-Style Baked Beans*

Boston baked beans are made by simmering navy beans on the stove for several hours, and their sauce includes ingredients such as molasses, brown sugar, mustard, Worcestershire sauce, and onion and garlic for added flavor. Traditional Boston baked beans are made with salt pork, a type of cured pork.

### *Southern-Style Baked Beans*

Southern-style baked beans include barbeque sauce with the addition of molasses for their rich and smoky flavor. The beans are cooked with pork and bacon bits tossed on top of the beans before baking.

### *Tex-Mex Baked Beans*

Tex-Mex or cowboy baked beans are a spicy variation of classic baked beans. This dish version is typically made with pinto beans. The main difference between Tex-Mex baked beans and other variations is the choice of beans and their spicier and slightly less sweet sauce.

Tex-Mex baked beans are baked with a sauce prepared using bold, savory ingredients such as chili powder, onion, garlic, and tomato sauce.

### *Kansas City Baked Beans*

Kansas City baked beans emphasize its signature thick and sweet tomato-based sauce with a tangy barbeque sauce. In addition, dry rubs are a key ingredient. The rub usually comprises a mixture of brown sugar, paprika, salt, pepper, cayenne, onion, garlic, mustard, and chili powders.

### *5. Memphis-Style Baked Beans*

These baked beans frequently contain a Memphis-style rub with a spicy yet herbal flavor. The rub often contains brown and white sugar, paprika, salt, black pepper, chili, garlic and onion powders, ground thyme, oregano, allspice, and ginger.

#### *Carolina Baked Beans*

Carolina-style baked beans are known for their sweet and smoky flavor. Carolina baked beans include pinto, butter, great northern, navy, and red kidney beans, providing multiple flavors and textures. The beans are mixed with caramelized onions and crispy bacon before baking, adding an extra sweet and salty flavor.

#### *Louisiana-Style Baked Beans*

Louisiana-style baked beans include andouille sausage, a mix of garlic and onion powders, kosher salt, cayenne, and ground black pepper. These baked beans would not be considered Louisiana-style without their staple mix of chopped onion, bell pepper, and celery, also known as the Holy Trinity of Cajun cuisine.

No outdoor cookout, barbecue, or summer meal is complete without a side of baked beans. Everyone needs a reliable recipe for baked beans, regardless of your preferred style.