DietCloud – Recipe

Recipe Name: Homemade Baked Beans Recipe (Wholesome & Healthy)

Diet Type:

Course: High Protein Vegetarian

Cuisine: Fusion

Quantity:



Description

This Homemade Baked Beans recipe offers a wholesome and healthy twist on a classic comfort food. Featuring tender cannellini or soya beans simmered in a rich, flavorful tomato-based sauce with aromatic onion, garlic, cumin, and oregano, and a touch of honey for sweetness. It's perfect as a hearty side dish, a breakfast staple, or a nutritious vegetarian main course. The dish in the photo appears in a white oval baking dish, showcasing the beautifully caramelized, reddish-brown beans coated in a thick, savory sauce, with a silver spoon ready for serving.
[PROS]
- High in dietary fiber, promoting digestive health and satiety.
- Excellent source of plant-based protein, crucial for muscle repair and sustained energy.
- Rich in essential vitamins and minerals like iron, folate, and potassium from beans and tomatoes.
[CONS]
- Requires pre-soaking of dry beans, which adds significant preparation time.
- Beans can cause digestive discomfort or gas for some individuals due to their fiber content.
[DIETITIAN REVIEW]
This homemade baked beans recipe is a fantastic nutritional choice, offering a great balance of fiber, protein, and complex carbohydrates. The use of fresh tomatoes and natural sweeteners like honey, along with beneficial spices, makes it significantly healthier than many canned alternatives. It's a satisfying and nutrient-dense meal option suitable for various dietary needs, perfect for a balanced diet. Score: 9/10

Ingredients

Ingredient	Quantity
• Dry beans (such as cannellini or soya beans)	250 grams
• Extra Virgin Olive Oil	1 teaspoon
• Onion - finely chopped	1
• Garlic - grated	1 clove
• Tomatoes - pureed	500 grams
• Honey - or more to taste	1 tablespoon
• Cumin powder (Jeera)	1 teaspoon

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• Dried oregano	1 teaspoon

• Red Chilli powder - or cayenne pepper	1/4 teaspoon

- Salt and Pepper - (coarsely pounded pepper) to taste

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Preparation

• 1.
• Rinse 250 grams of dry beans thoroughly and place them in a large bowl.
• Cover with plenty of cold water and soak overnight, or for at least 8 hours.
• Drain and rinse well before use.
• 2.
• Transfer the soaked and rinsed beans to a large pot, cover with fresh water, and bring to a boil.
• Reduce heat and simmer until the beans are tender but still hold their shape, typically 45-60 minutes.
• Drain and set aside.
• 3.
• In a large oven-safe pot or Dutch oven, heat 1 teaspoon of Extra Virgin Olive Oil over medium heat.
• Add 1 finely chopped onion and sauté until softened, about 5-7 minutes.
• Stir in 1 grated garlic clove and cook for another minute until fragrant.
• 4.
• Pour in 500 grams of pureed tomatoes, 1 tablespoon of honey (or more to taste), 1 teaspoon of cumin powder, 1 teaspoon of dried oregano, and 1/4 teaspoon of red chilli powder (or cayenne pepper).
• Season generously with salt and coarsely pounded pepper to taste.
• Bring the sauce to a gentle simmer, then add the cooked beans.
• Stir to combine, ensuring the beans are well coated.
• 5.
• Cover the pot and bake in a preheated oven at 180°C (350°F) for 45-60 minutes, or until the sauce has thickened and the flavors have melded.
• Stir occasionally if needed.
• For a slightly caramelized top, remove the lid for the last 15 minutes of baking.
• 6.
• Remove from the oven and let rest for a few minutes before serving hot as a wholesome side dish, a hearty main, or a flavorful breakfast accompaniment.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	40	9	10	20