

Boston Faked Beans (Low Protein)



This recipe uses hominy to mimic the texture of beans in this fun BBQ inspired dish. Hominy is corn that has been softened in an alkaline solution, a process called nixtamalization. It results in a chewier texture and a great source of vitamin B3!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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	Simplified Diet Protein
Serving	0.9g
Recipe	3.6g

INGREDIENTS

2 Tbsp	Brown Sugar
2 Tbsp	Ketchup
1 Tbsp	Maple Syrup
1 tsp	Creole Mustard
1 tsp	Worcestershire Sauce
½ tsp	Apple Cider Vinegar
½ tsp	Kosher Salt
½ tsp	Smoked Paprika
¼ tsp	Black Pepper, ground
1 Tbsp	Butter, unsalted
1 Tbsp	Olive Oil
½ each	Onion, small dice
½ each	Red Bell Pepper, small dice
1 clove	Garlic, minced
½ cup	Vegetable Broth or Water
1 (15 oz) can	Hominy, drained and rinsed

CHEF'S NOTES

Serving size: ½ cup

Want more veggies in this delicious dish? Add a medium zucchini, diced small, after sautéing your garlic. Cook for 1-2 minutes before adding the hominy and stock.

Adjust the seasonings to your taste. If you prefer a savory flavored dish, decrease the brown sugar to 1 Tbsp.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, use a whisk to combine the brown sugar, ketchup, maple syrup, mustard, Worcestershire sauce, vinegar, salt, smoked paprika, and pepper. Set aside.
3. Preheat a medium saucepot over medium heat. Add the butter and olive oil. Once the butter has melted, add the diced onion and bell pepper. Sauté the vegetables in the pot for 4-5 minutes until soft. Add the minced garlic and sauté until fragrant, about 30 seconds to 1 minute.
4. Add vegetable broth, rinsed hominy, and reserved sauce mixture and mix well. Bring to a boil and reduce to a low simmer. Cover and cook for 10-12 minutes, stirring occasionally.
5. Remove the lid. Cook for an addition 3-5 minutes if sauce is too thin. If the sauce is too thick, add water 1 Tbsp at a time. The sauce should be a syrupy consistency.
6. Serve warm and enjoy!

Nutrition Facts

4 servings per container

Serving size 1/2 cup (160g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 680mg 30%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 12g Added Sugars 24%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.7mg 4%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES

Recipe adapted from Cook for Love, "Boston Faked Beans"



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