

# BRIAN'S KC PIT BEANS

If you walk into any hole in the wall BBQ Dive in Kansas City worth their “rub” which are plentiful in KC, all of them will have one side dish in common which is pretty universal in KC BBQ and that is pit beans! Although every good pitmaster has their own twist on KC pit beans (including myself) the core is pretty much the same, which is: beans, BBQ sauce, rub and smoke! When pit beans are done correctly they can easily be used as a main protein in place of meat or anything else, seriously, try it!

## INGREDIENTS

- 1 Large onion diced
- 1 Apple diced
- 1 cup of raisins or dried cranberries
- 1 Tbsp chopped garlic
- 1 Tbsp Fool's Gold Hickory Smoked Salt
- 2 (28 ounce) cans vegetarian baked beans (or any baked beans you like) or Instapot Navy or white beans
- 1 Tbsp of Fool's Gold All Purpose Competition Rub
- 1 Tbsp of Fool's Gold Demerara Sugar
- 2 cups of Fool's Gold Original
- 1 Tbsp sesame oil (my secret ingredient)
- 1 tsp corn starch (optional)

## PREP

- In a large mixing bowl or foil smoking pan mix all ingredients together thoroughly.
- Have a taste and adjust any flavors you choose
- If the beans are not already in a foil smoking pan, add them to one now as they are ready to go into the smoker

## **SMOKER COOKING**

**Temp:** 225 | **Time:** 4 hours | **Woods:** Hickory, Alder, Cherry

**OVEN SMOKER BAG COOKING** (CAN ALSO BE USED ON ANY GRILL OR OVER A CAMPFIRE)

**Temp:** 475 for 10-15 minutes then 375 for 1 hour | **Time:** 1 hour | **Woods:** Hickory, Alder, Cherry

## **RANGE TOP SMOKER COOKING**

**Temp:** Medium heat | **Time:** 30-45 minutes | **Woods:** Hickory, Alder, cherry

## **REGULAR RANGE OR OVER COOKING**

It's also possible to use your regular oven or stove (times and temps vary). But, using a smoker or smoker bag will yield a more authentic "smoked bbq" flavor. Do NOT under any circumstances add Liquid smoke to any of these recipes or I will hunt you down!

## **FINISH**

When the beans come out of the smoker they will have a bit of a crust over the top, this is exactly what you want to see. Mix that crusty goodness into the beans and they are good to go! Pit beans are great hot or cold!

## **SERVE**

Serve as a side with any main dish, sandwich or eat them as the main dish! The leftover beans can be used for a Fool's Gold BBQ Parfaits.