



## Knocks and Beans Supreme

READY IN



50 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 slices smoky bacon lean (recommended: Oscar's Smokehouse)
- 32 ounce baked beans canned (recommended: Bush's Grilling Baked Beans)
- 1 can brown bread with raisins
- 4 servings butter softened
- 2 large cloves garlic finely chopped
- 4 servings olive oil extra-virgin for drizzling
- 4 servings coarse pepper black
- 2 chile peppers red
- 6 knockwurst sausages sliced into thirds ( 2-inch pieces)

- 1 bunch scallions thinly sliced thin
- 1 large shallots finely chopped
- 0.3 cup steak sauce thick (recommended: Lea and Perrin's Worcestershire Sauce)
- 2 small sprigs thyme and/or marjoram fresh leaves picked finely chopped

## Equipment

- frying pan
- baking sheet
- paper towels
- oven
- casserole dish
- stove
- pastry brush

## Directions

- Simmer sausages in shallow boiling water to heat through, drain and wipe out, return to stove.
- While the sausages simmer, slice the bacon into 1/2-inch wide batons.
- Add a drizzle of olive oil to the pan and heat over medium-high heat. Thick cut the knocks on an angle and add them to the skillet and sear at the edges, remove the sausages and add the bacon and render until almost crisp but not-quite.
- Remove the bacon from the skillet to paper towel to cool but reserve the drippings.
- In a casserole dish, stir together the beans, garlic, and shallots and season with lots of coarse black pepper. Smooth out in the dish and wipe down the sides of the dish. Nestle the chunks of knocks into the beans, arranging them all around the casserole and allowing them to peek up and out a bit. Dot the beans with thick Worcestershire sauce. Scatter the chiles and scallions and herbs over top of the casserole. Scatter the bacon over top and using a pastry brush, dot with some of the drippings. Cover and store for a make-ahead meal.
- Preheat the oven to 375 degrees F.
- Bake the casserole in a hot oven on a baking sheet liner until the top surface is crispy in spots and bubbly all over.

- Slice the brown bread into 1-inch thick slices. On a heated griddle, melt 2 tablespoons butter and toast brown bread until slightly browned and crispy, flip the bread , and repeat.

## Nutrition Facts

**PROTEIN 14.68%** **FAT 64.4%** **CARBS 20.92%**

### Properties

Glycemic Index:95.08, Glycemic Load:15.33, Inflammation Score:-7, Nutrition Score:30.966956884965%

### Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 1003.05kcal (50.15%), Fat: 73g (112.31%), Saturated Fat: 22.94g (143.39%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 40.13g (14.59%), Sugar: 3.58g (3.98%), Cholesterol: 147.47mg (49.16%), Sodium: 2302.39mg (100.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.87%), Fiber: 13.25g (52.99%), Vitamin C: 42.59mg (51.62%), Phosphorus: 510.58mg (51.06%), Manganese: 0.94mg (47.06%), Vitamin B3: 9.26mg (46.28%), Zinc: 6.77mg (45.11%), Vitamin B1: 0.63mg (42.15%), Vitamin B6: 0.81mg (40.55%), Potassium: 1362.62mg (38.93%), Iron: 6.9mg (38.36%), Copper: 0.67mg (33.54%), Vitamin K: 31.43µg (29.93%), Selenium: 20.15µg (28.79%), Magnesium: 111.1mg (27.77%), Folate: 96.43µg (24.11%), Vitamin B12: 1.31µg (21.87%), Vitamin B2: 0.33mg (19.39%), Vitamin E: 2.77mg (18.49%), Calcium: 167.38mg (16.74%), Vitamin B5: 1.41mg (14.14%), Vitamin D: 1.83µg (12.22%), Vitamin A: 556.98IU (11.14%)