

Full of Beans Hot Dish

Makes: 8 servings

Beans are unique foods that can be counted as either a vegetable or protein. Remember to sort and soak dry beans before cooking or use canned beans.

Ingredients

- 1 pound** ground beef
- 1** onion (large, chopped)
- 1/4 cup** brown sugar
- 1/2 cup** catsup
- 2 tablespoons** vinegar
- 1/2 teaspoon** black pepper
- 2 cups** kidney beans (cooked, or 15 ounce can)
- 1 can** pork and beans (15 ounce)
- 2 cups** great northern beans (cooked, or a 15 ounce can great northern beans, lima beans or butter beans)

Directions

1. Cook ground beef and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in casserole dish.
4. Bake in the oven at 350 degrees for 1 hour.

Source: University of Wisconsin, Cooperative Extension Service, A Family Living Program

Nutrition Information

Nutrients	Amount
Calories	270
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	40 mg
Sodium	780 mg
Total Carbohydrate	37 g
Dietary Fiber	8 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

