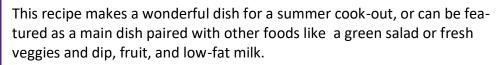


Old Settlers' Beans

Makes 8 Servings



Ingredients:

1/2 pound ground beef

1/4 pound turkey bacon, diced

1 medium onion, chopped

1 tablespoon packed brown sugar

1/2 cup barbecue sauce

1 tablespoon prepared mustard

1/2 teaspoon pepper

1/2 teaspoon chili powder

1 (16 ounce) can pork and beans, undrained

1 (16 ounce) can kidney beans, drained and rinsed

1 (16 ounce) can Great Northern beans, drained and rinsed

Directions:

- 1. In a large cooking pot, cook ground beef, turkey bacon and onion until meat is done and onion is tender. Drain off any fat.
- 2. Combine all remaining ingredients except beans. Add to meat mixture; mix well.
- 3. Stir in beans.
- 4. Heat to boiling over high heat. Reduce heat and simmer about 20 minutes or until hot, stirring occasionally.





Nutrition Facts:

For 1/8 of Recipe:

Calories 320; Total Fat 8g; Cholesterol 45 mg; Sodium 800 mg; Carbohydrate 40g; Dietary Fiber 10g; Sugars 11g; Protein 20g; Vitamin A 2%; Vitamin C 2%, Calcium 10%; Iron 25%.

Note:

*Other types of beans may be substituted according to your taste or what you have on hand.

*Recipe can also be baked in a greased 2 ½ quart casserole dish, covered, at 350 degrees for an hour.

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