



Old Settlers' Beans

Makes 8 Servings



This recipe makes a wonderful dish for a summer cook-out, or can be featured as a main dish paired with other foods like a green salad or fresh veggies and dip, fruit, and low-fat milk.

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.*

K-STATE
Research and Extension

Wildcat District