

Backwoods Beans

Pat Tyrel

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 pound bacon
1 onion, chopped
1 clove garlic, minced
1 1/2 cups brown sugar
1/2 cup molasses
1 bottle barbecue sauce
(not ketchup based)
1/4 cup Worcestershire
sauce
1 can Great Northern
beans, undrained
1 can Great Northern
beans, drained
1 can kidney beans,
undrained
1 can kidney beans, drained
1 can pinto beans,
undrained
1 can pinto beans, drained
1 can butter beans,
undrained
1 can butter beans, drained
2 cans Libby's or Armour's
roast beef with gravy, meat
broken up*

In a skillet, cook the bacon until crisp. Set aside.

Saute' the onions and bacon in the bacon drippings.

Drain off the grease and discard.

Place all of the ingredients in a large crockpot. Stir well.

Cook on LOW for four to six hours.

Per Serving (excluding unknown items): 8980 Calories; 240g Fat (23.7% calories from fat); 474g Protein; 1268g Carbohydrate; 360g Dietary Fiber; 386mg Cholesterol; 8442mg Sodium. Exchanges: 61 Grain(Starch); 39 1/2 Lean Meat; 2 Vegetable; 32 1/2 Fat; 22 Other Carbohydrates.