
Calico Beans (Slow Cooker)

Diane Green - Hudson's Grand rapids

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 medium onion, diced
1 pound ground chuck
1/2 to 3/4 pound bacon, crisply fried and crumbled
1 can (16 ounce) pork and beans, undrained
1 can (16 ounce) lima beans, drained
1 can (16 ounce) red kidney beans, drained
1 can (16 ounce) butter beans, drained
1 cup ketchup
1 tablespoon prepared mustard
3 tablespoons vinegar
1/2 cup packed brown sugar

In a skillet, cook and stir the onion and ground beef until brown. Drain.

In a slow cooker, combine all of the ingredients.

Cook for eight to ten hours on LOW heat.

Yield: 6 to 10 servings

Side Dishes

Per Serving (excluding unknown items): 4048 Calories; 107g Fat (23.1% calories from fat); 223g Protein; 575g Carbohydrate; 130g Dietary Fiber; 361mg Cholesterol; 4687mg Sodium. Exchanges: 26 Grain(Starch); 20 1/2 Lean Meat; 1 1/2 Vegetable; 12 1/2 Fat; 11 1/2 Other Carbohydrates.