

Catherines Country Baked Beans

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 10

*1 large can pork and beans
1 medium can red kidney
beans
1 medium can butter beans
6 strips bacon (optional),
crumbled
1 onion, chopped and
sautee'd
1/2 cup brown sugar
1/2 cup ketchup
2 tablespoons
Worcestershire sauce
1/2 pound American
cheese, cubed*

Preheat the oven to 325 degrees.

In a bowl, mix all of the ingredients except the Parmesan cheese..

Pour the mixture into a baking dish. (If the mixture appears too juicy, drain some of the liquid.)

Sprinkle the top with Parmesan cheese. Cover with foil.

Bake for 30 minutes.

Remove the foil covering.

Bake for an additional 30 minutes.

Per Serving (excluding unknown items): 282 Calories; 8g Fat (24.6% calories from fat); 15g Protein; 40g Carbohydrate; 9g Dietary Fiber; 23mg Cholesterol; 620mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.