
Ranch Beans

Debra Ann Baginski - Hudson's Eastland

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

1/2 to one pound bacon
1/2 to one pound ground beef or turkey
1 medium onion, chopped
1 can ((28 ounce) beans
1 can (15 ounce) red kidney beans
1 can (15 ounce) lima beans, drained
1/4 cup ketchup
1/4 cup molasses
1/4 cup packed brown sugar

Preheat the oven to 350 degrees.

Cut the bacon into one-inch pieces. Fry or microwave until crisp.

In a skillet, brown the ground beef with the onion. Drain.

In a casserole dish, combine all of the ingredients.

Bake for 45 minutes.

(The beans can be cooked, uncovered, in a microwave for 20 to 30 minutes on HIGH, stirring once.)

Yield: 8 side dish OR 4 main dish

Side Dishes

Per Serving (excluding unknown items): 2466 Calories; 8g Fat (2.8% calories from fat); 129g Protein; 488g Carbohydrate; 115g Dietary Fiber; 3mg Cholesterol; 900mg Sodium. Exchanges: 23 1/2 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 0 Fat; 8 1/2 Other Carbohydrates.