
Three-Bean Bake

Margie Christerson - Massachusetts

North American Potpourri - Autism Directory Service, Inc - 1993

1 can (16 ounce) peas
1 can (16 ounce) baby lima beans, drained
1 can (16 ounce) red kidney beans, undrained
1 pound ground beef
1/2 pound bacon
1/2 cup packed brown sugar
1/2 cup ketchup
2 tablespoons mustard
1 large onion

In a skillet, fry the bacon. Remove from the pan and set aside. Pour out some of the drippings, leaving enough to fry the onion and ground beef. Cook the ground beef and onion until done.

Place all of the beans in a three-quart casserole. Add the ground beef and onions. Add the brown sugar, ketchup and mustard.

Cut the bacon into small pieces. Mix the bacon with the beans. Cover.

Bake at 300 degrees for 30 minutes.

Side Dishes

Per Serving (excluding unknown items): 4732 Calories; 238g Fat (45.1% calories from fat); 240g Protein; 413g Carbohydrate; 81g Dietary Fiber; 579mg Cholesterol; 5832mg Sodium. Exchanges: 17 1/2 Grain(Starch); 25 1/2 Lean Meat; 1 1/2 Vegetable; 34 1/2 Fat; 9 1/2 Other Carbohydrates.