

Western Bean Stew

Carrie Kubosiak

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*1/4 cup bacon fat or lard
1 large onion, chopped
1 clove garlic, chopped
1/4 cup molasses
1 1/2 cups canned whole tomatoes
2 cans (one pound ea) red kidney beans
1 to 2 cups leftover cooked ham, sausage or pork, cut up
1/2 teaspoon salt
1/8 teaspoon hot pepper sauce
2 teaspoons chili powder*

Melt the fat in a skillet. Cook the onion and garlic until tender but not brown.

Add the molasses, tomatoes, kidney beans, ham, salt, pepper sauce and chili powder. Simmer over low heat for about 20 minutes.

Adjust the seasonings to taste.

Per Serving (excluding unknown items): 253 Calories; 1g Fat (2.9% calories from fat); 14g Protein; 49g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 202mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.