
One-Pot Dinner (Slow Cooker)

Keith Graber

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1 pound ground beef
3/4 pound bacon, cut in small pieces
1 medium onion, chopped
2 cans (1 pound, 15 ounce ea) pork and beans
1 can (16 ounce) kidney beans, drained
1 can (16 ounce) butter lima beans, drained
1 cup ketchup
1/2 cup brown sugar
1 tablespoon liquid smoke flavoring
3 tablespoons white vinegar
1 teaspoon salt
dash pepper

Brown the ground beef in a skillet. Drain the fat. Place the ground beef in a slow cooker.

In a skillet, brown the bacon and onions. Drain.

Add the bacon, onions, pork and beans, kidney beans, lima beans, ketchup, brown sugar, liquid smoke, vinegar, salt and pepper to the crock pot. Stir together well.

Cook on LOW heat for four to six hours. (If using a two-quart slow cooker, reduce the time by half.)

Ground Beef

Per Serving (excluding unknown items): 5091 Calories; 298g Fat (52.2% calories from fat); 253g Protein; 362g Carbohydrate; 79g Dietary Fiber; 711mg Cholesterol; 12943mg Sodium. Exchanges: 14 Grain(Starch); 28 1/2 Lean Meat; 1 1/2 Vegetable; 43 Fat; 9 Other Carbohydrates.