Hearty Bean Bake

Servings: 8-10

**Ingredients:**
1 lb. ground beef (90% lean)
4 slices bacon (cut into 1” pieces)
1 medium onion (chopped)
1 can (16 oz.) baked beans
1 can (16 oz.) kidney beans (drained)
½ cup firmly packed brown sugar
½ cup ketchup
1 tablespoon vinegar
1 teaspoon mustard

**Remember to wash your hands with soap and warm water before and after cooking.**

**Directions:**
1. Preheat oven to 350°.
2. In a skillet, cook bacon pieces until crisp; drain. Add ground beef and onion. Cook until beef is browned; drain.
3. In the meantime, mix all other ingredients together in a casserole dish.
4. Add meat mixture and stir together.
5. Cover and bake at 350° for 30 minutes

**Nutrition Facts:** Each serving provides 336 Calories, 11g Total Fat, 3.5g Saturated Fat, 432mg Sodium, 43g Total Carbohydrate, 5g Dietary Fiber, 17g Protein

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