

A Kansas SNAP-Ed *EZ Does it* Recipe

Hearty Bean Bake

K-STATE
Research and Extension



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

