

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Full Of Beans Hot Dish *(Makes about 8 servings.)*

Ingredients

- 1 lb. ground beef
- 1 large onion, chopped
- ¼ c. brown sugar or regular sugar
- ½ c. ketchup
- 2 Tbsp. vinegar
- ½ tsp. black pepper
- 1 can (15-oz.) kidney beans
- 1 can (15-oz.) vegetarian beans
- 2 c. great northern beans, cooked

Directions:

1. Preheat oven to 350° F.
2. In a large skillet, thoroughly cook ground beef and onion until all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
3. Drain off and throw away any fat from the skillet.
4. Add remaining ingredients and mix well.
5. Place in casserole dish and bake in oven for 1 hour.

Nutrition info: Serving size: 1 cup, Calories: 300, Total Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 50 mg, Sodium: 400 mg, Total Carbohydrate: 43 g, Dietary Fiber: 9 g, Sugars: 16 g, Protein: 25 g. *Recipe provided by SNAP-ED Connection Recipe Finder.*

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