

Nebraska

Hearty Beans and Beef Hot Dish

Featured Food: Great Northern Beans

Makes: 8 servings

Ingredients

- 1 pound ground beef
- 1 large onion, chopped
- ¼ cup brown sugar, packed
- ½ cup ketchup
- 2 tablespoons vinegar
- ½ teaspoon black pepper
- 2 cans low-sodium kidney beans (15.5 ounces each)
- 1 can pork and beans (15 ounces)
- 2 cans low-sodium great northern beans (15.5 ounces each)



Directions

1. Preheat oven to 350°F.
2. Cook ground beef and onions on medium heat until the meat is browned and the onions are soft. Drain fat.
3. Add remaining ingredients and mix.
4. Place in casserole dish.
5. Bake for 30 minutes.

Note: For convenience this recipe includes canned beans. You can also use dried beans that have been prepared according to the package directions.

Recipe from: University of Wisconsin Cooperative Extension Service, Family Living Program, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.