

## Beans and Beef Dish

1-pound lean ground beef

1 large onion, chopped

¼ cup brown sugar

½ cup ketchup

2 tablespoons vinegar

½ teaspoon pepper

1 (15 oz.) can kidney beans or 2 cups cooked

1 (15 oz.) can pork and beans

1 (15 oz.) can great northern beans or 2 cups cooked

Wash hands properly. Set oven to 350 degrees. Brown ground beef and onion over medium heat in a large pan. Drain any visible fat. Add remaining ingredients and stir together.

Pour into a casserole dish.

Bake at 350 degrees for 1 hour. Yield: 8 servings

Nutrition information per serving: 304 calories, 6 g. fat, 441 mg. sodium, 43 g. carbohydrates, 8 g. fiber, 21 g. protein. Good source of potassium.