

Beef & Bean Bake



Nutrition Information (per serving)
Calories 300 Fat 7g Sodium 400mg
Carbohydrate 43g Fiber 9g Protein 25g

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Beef and Bean Bake

Serves 8

Ingredients

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|---|---|
| 1 pound lean ground beef or turkey | 1 can low-sodium vegetarian beans |
| 1 large onion, chopped | $\frac{1}{4}$ cup sugar, brown or white |
| 1 can low-sodium Great Northern beans, drained & rinsed | $\frac{1}{2}$ cup ketchup |
| 1 can low-sodium kidney beans, drained & rinsed | 2 tablespoons vinegar |
| | $\frac{1}{2}$ teaspoon black pepper |

Recipe

1. Preheat oven to 350°F.
2. In a large skillet, brown ground beef and onion. Drain any fat.
3. Add Remaining ingredients and mix well.
4. Place in casserole dish. Bake 1 hour.

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Print, trim, then fold on dotted line for 4x6 recipe card.