

# 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

- |   |   |
|---|---|
| 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 5x7 recipe card.