

## Beef

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# Homestyle Baked Bean Casserole

Pillsbury Best One Dish Meals - February - 2011

**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 35 minutes**

**1/2 pound lean ground beef**

**1 medium (1/2 cup) onion, chopped**

**1 can (21 oz) baked beans with bacon and brown sugar sauce, undrained**

**1 can (16 oz) kidney beans, drained and rinsed**

**1 can (15.8 oz) great northern beans, drained and rinsed**

**1/2 cup barbecue sauce**

**1 can (10.2 oz) refrigerated buttermilk biscuits, separated and each cut into six pieces**

**1/2 cup (2 oz) Cheddar cheese, finely shredded**

Preheat oven to 350 degrees.

Spray an 11x7-inch glass baking dish with cooking spray.

In a 12-inch nonstick skillet, cook the beef and onion over medium heat for 4 to 6 minutes, stirring occasionally, until beef is thoroughly cooked. Drain skillet.

Stir in the baked beans, kidney beans, great northern beans and barbecue sauce. Heat to boiling, stirring occasionally.

Pour the mixture into the baking dish. Immediately top the hot mixture with the biscuit pieces.

Sprinkle with cheese.

Bake for 18 to 20 minutes or until biscuits are golden brown and baked through.

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Per Serving (excluding unknown items): 366 Calories; 12g Fat (29.2% calories from fat); 24g Protein; 42g Carbohydrate; 14g Dietary Fiber; 38mg Cholesterol; 267mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.