

Calico Bean Pot

Carol Maxwell

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1/2 pound bacon, cut into
one-inch pieces
1 pound ground round
1/2 cup chopped onions
1 cup catsup
1/2 cup firmly packed brown
sugar
1 teaspoon prepared
mustard
2 teaspoons white vinegar
1/2 teaspoon salt
1 can (16 ounce) pork and
beans
1 can (16 ounce) kidney
beans, undrained
1 can (16 ounce) lima
beans, drained*

Preheat the oven to 325 degrees.

Cook the bacon until crisp. Remove and drain on paper towels. Drain off all but two tablespoons of fat and reserve.

Add the beef to the skillet. Cook until crumbly. Remove from the skillet. Add the two tablespoons of reserved fat to the skillet. Cook the onions until lightly browned.

In a three-quart casserole, combine the beef, onions and other ingredients. Blend well.

Bake, uncovered, for 90 minutes (or use a slow cooker).

Per Serving (excluding unknown items): 4551 Calories; 197g Fat (38.5% calories from fat); 253g Protein; 455g Carbohydrate; 98g Dietary Fiber; 524mg Cholesterol; 9066mg Sodium. Exchanges: 18 Grain(Starch); 27 Lean Meat; 1 Vegetable; 24 1/2 Fat; 11 1/2 Other Carbohydrates.