
Four Bean Baked Bean Dish

Adea Guerber

Nettles Island Cooking in Paradise - 2014

1 medium to large can baked beans

1 #2 can (2-1/2 cups) butter beans, drained

1 #2 can (2-1/2 cups) lima beans, drained

1 #2 can (2-1/2 cups) kidney beans, drained

1/2 pound bacon

1 medium onion, chopped

3/4 cup ketchup

3/4 cup brown sugar

2 tablespoons vinegar

In a skillet, fry the bacon with the onion until crisp. Break the bacon in pieces. Drain.

In a large bowl, mix the baked beans, butter beans, lima beans and kidney beans, catsup, brown sugar, vinegar, crumbled bacon and saute'd onion. Mix well. Place the mixture into a large baking dish.

Bake at 350 degrees for 45 to 50 minutes.

Side Dishes

Per Serving (excluding unknown items): 5853 Calories; 124g Fat (18.5% calories from fat); 335g Protein; 892g Carbohydrate; 274g Dietary Fiber; 193mg Cholesterol; 7245mg Sodium. Exchanges: 48 Grain(Starch); 25 1/2 Lean Meat; 1 1/2 Vegetable; 16 Fat; 10 1/2 Other Carbohydrates.