

Side Dish

St. James' Baked Beans

Dear Abby

Servings: 8

6 slices bacon, sliced
1/2 cup onion, chopped
1 can (16 oz) pork and beans, drained
1 can (16 oz) lima beans, drained
1 can (16 oz) kidney beans, rinsed and drained
1 package (10 oz) sharp cheddar cheese , cubed
1 cup ketchup
3/4 cup firmly packed brown sugar
1 tablespoon Worcestershire sauce

Preheat oven to 325 degrees.

Spray a 1 1/2-quart casserole with cooking spray.

In a small skillet, saute' the bacon and onions until the bacon is crisp and the onions are lightly browned; drain well.

In a large bowl, combine the remaining ingredients. Add the bacon/onion mixture; mix well.

Pour the bean mixture into the prepared casserole.

Bake, uncovered, for 1 1/2 hours.

Per Serving (excluding unknown items): 250 Calories; 3g Fat (10.7% calories from fat); 8g Protein; 50g Carbohydrate; 7g Dietary Fiber; 6mg Cholesterol; 593mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 2 Other Carbohydrates.