

# Calico Beef and Beans

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## **Yield: 10 to 12 servings**

*1/4 pound bacon  
1 pound ground beef  
1 medium onion, chopped  
1/2 cup ketchup  
3/4 cup packed brown sugar  
1 tablespoon prepared mustard  
2 tablespoons vinegar  
1 can (28 ounces) baked beans  
1 can (16 ounce) kidney beans, drained  
1 can (16 ounces) lima beans, drained*

Preheat the oven to 325 degrees.

In a skillet, cook the bacon until crisp. Remove and drain. Crumble the bacon when cool. Set aside. Drain all but one tablespoon of bacon fat from the skillet.

Add the ground beef and onions. Cook until the beef is lightly browned and the onion is tender. Drain the excess fat from the skillet.

Add the ketchup, brown sugar, mustard and vinegar. Blend well.

Turn the meat mixture into a 2-1/2 quart casserole dish. Add the bacon, baked beans, kidney beans and lima beans. Stir to blend. Cover.

Bake for 1-1/2 hours. (Watch for spill-overs - place a piece of foil on the rack under the casserole, if necessary.)

(For a sweeter casserole, use one cup of brown sugar.)

Per Serving (excluding unknown items): 4314 Calories; 181g Fat (37.2% calories from fat); 20g Protein; 481g Carbohydrate; Dietary Fiber; 482mg Cholesterol; 4884mg Sodium. Exchanges: 1/2 Grain(Starch); 20 1/2 Lean Meat; 1 1/2 Vegetable; 26 1/2 Other Carbohydrates.