Calico Beans

1/2 pound ground beef or pork
1/4 cup chopped onion
2 cups cooked kidney beans or
16 ounce can
2 cups cooked lima beans or
16 ounce can

2 cups pork and beans or
20 ounce can
1/4 cup catsup
1/4 cup sugar
1 teaspoon mustard

1. Brown meat and onion in a large fry pan.
2. Drain the fat.
3. Add remaining ingredients and mix well.
4. Bake in a 2 quart casserole for 1 hour at 350°F. or in a crock pot on low for 6 to 8 hours.
5. Makes 8 servings.

Per Serving:

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<table>
<thead>
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<tbody>
<tr>
<td>Calories</td>
<td>254</td>
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<tr>
<td>Sodium</td>
<td>811mg</td>
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<tr>
<td>Fat</td>
<td>5g</td>
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Source: Kansas State University’s “Family Nutrition Program”