

Cowboy Beans



Ingredients:

- 1 pound ground beef, browned and drained
- 1 medium onion, finely chopped
- ¼ cup brown sugar, packed
- 1 cup ketchup
- ¼ cup vinegar
- ¼ cup mustard
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can butter beans, drained and rinsed
- 1 (15-ounce) can lima beans, drained and rinsed
- 1 (28-ounce) can baked beans



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DIRECTIONS



1. Brown and drain ground beef.



2. Finely chop onion.



3. Add ground beef and chopped onion to slow cooker.



4. Drain and rinse all beans, except baked beans.



5. Add rinsed beans.



6. Add baked beans.

DIRECTIONS



7. Measure brown sugar.

¼ cup



8. Measure ketchup.



1 cup



9. Measure vinegar.

¼ cup



10. Measure mustard.

¼ cup



11. Add remaining ingredients.



12. Mix ingredients.



Cook

13. Cook on high for three hours or low for eight hours. Stir occasionally.



Nutrition Facts

Serving Size (213g)	
Servings Per Container 12	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 240mg	10%
Total Carbohydrate 34g	11%
Dietary Fiber 8g	32%
Sugars 13g	
Protein 19g	
Vitamin A 4%	Vitamin C 10%
Calcium 6%	Iron 10%

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