



Cowboy Beans

Prep: 10 minutes

Cook/Bake: 1 hour 40 minutes • Serves: 8

- Nonstick cooking spray
- 8 slices bacon, coarsely chopped
- 1 pound ground chuck
- 1 large onion, chopped
- 1 can (16 ounces) baked beans
- 1 can (16 ounces) chili beans
- 1 can (15 to 16 ounces) butter beans
- 1 can (15 ounces) pinto beans
- 1 cup smoky barbeque sauce
- ½ cup packed brown sugar
- 1 teaspoon ground mustard
- 1 teaspoon salt
- ½ teaspoon ground black pepper

- 1.** Preheat oven to 350°. Spray 3-quart glass or ceramic baking dish with cooking spray.
- 2.** In large saucepot, cook bacon over medium heat 7 to 9 minutes or until crisp, stirring occasionally; with slotted spoon, transfer to paper towel-lined plate to drain. To same saucepot with drippings, add ground chuck and cook 8 to 10 minutes or until browned, breaking up meat with side of spoon; with slotted spoon, transfer to bowl.
- 3.** To same saucepot with drippings, add onion; cook 5 to 6 minutes or until tender, stirring occasionally. Stir in beans, barbeque sauce, sugar, ground mustard, salt and pepper. Cover and cook 20 minutes, stirring occasionally; stir in bacon and ground chuck.
- 4.** Transfer bean mixture to prepared dish. Bake 1 hour.

Approximate nutritional values per serving:

*532 Calories, 12g Fat (5g Saturated), 48mg Cholesterol,
1619mg Sodium, 77g Carbohydrates, 14g Fiber, 25g Protein*