

Full of Beans Hot Dish (FDD)

Makes: 8 Servings

Beans are unique foods. Because of their high nutrient content, consuming beans is recommended for everyone, including people who also eat meat, poultry, and fish regularly.

Ingredients

- 2 cups** great northern beans (cooked)
- 1 pound** ground beef
- 1** large onion (chopped)
- 1/4 cup** brown sugar (or regular sugar)
- 1/2 cup** ketchup
- 2 tablespoons** vinegar
- 1/2 teaspoon** black pepper
- 2 cups** kidney beans (cooked, or 1 can, about 15 ounces, of kidney beans)
- 1 can** vegetarian beans (about 15 ounces)

Directions

1. Preheat oven to 350 degrees F.
2. In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.

Nutrition Information

Nutrients	Amount
Calories	300
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	50 mg
Sodium	400 mg
Total Carbohydrate	43 g
Dietary Fiber	9 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	87 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	

3. Drain off and throw away any fat from the skillet.
4. Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
5. Place in casserole dish.
6. Bake in oven for 1 hour.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder