

Burger Beans (Even better reheated the next day)

Ingredients:

- 1/4 to 1/3 pound ground beef
- 2 tablespoons chopped onion
- 16 ounce can pork and beans or vegetarian beans
- 1 tablespoon packed brown sugar
- 1/4 teaspoon prepared mustard
- 2 tablespoons ketchup
- 1 teaspoon vinegar



Preparation:

1. In a skillet, cook the ground beef and onion. Drain well.
 2. Stir in the remaining ingredients and continue heating in the skillet until hot and bubbly, or bake or microwave (see below).
- ** If baked, pour the mixture into 1-quart casserole and cover. Bake at 350°F for 20 to 25 minutes or until hot and bubbly.
- ** If microwaved, pour into a casserole, cover, and cook for 6 to 8 minutes or until hot and bubbly.

Makes two 1 cup servings

Amount Per Serving	
Calories	460
Calories from Fat	120
% Daily Values*	
Total Fat	14g
Saturated Fat	4.5g
Cholesterol	45mg
Sodium	980mg
Total Carbohydrate	59g
Dietary Fiber	10g
Sugars	26g
Protein	22g
Vitamin A	10%
Vitamin C	4%
Calcium	15%
Iron	25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CAUTION: For sodium restricted diets use no-salt tomato ketchup and no salt-added beans.