

Three Bean Bake

A new twist to baked beans!



Level: Medium

10 - 1/2 cup servings

Kids' Tool Kit

Large baking dish
Cooking spray
Can opener
Wooden spoon
Measuring cups

Chef's Choice

Three Bean Bake
Hamburger
Peach half
Low fat milk

Ingredients:

- 1 (15-ounce) can Great Northern beans, drained
- 1 (15-ounce) can pork and beans
- 1 (15-ounce) can light or dark kidney beans, drained
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 tablespoon minced onion



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine all ingredients in large baking dish that has been sprayed with cooking spray.
3. Bake uncovered 30 to 40 minutes, stirring twice during baking.



Helpful Hints: Try spicy chili beans instead of pork and beans for a dish with even more zip! Or add cooked ground beef or ham for a main dish kids will gobble up.

Most 15-ounce cans of beans equal about 1 3/4 cups cooked beans. Cooked beans freeze well, so cook up a batch and freeze half of the recipe for later.



Safety Tips: Remember to wash the top of can lids before opening to remove dirt and germs. Keeping the can opener clean is another important safety tip to teach kids. Germs and bacteria can hide on the blade and could make you sick.

Use dry hot pads or oven mitts when handling anything hot. Keep hot pads handy so kids get in the habit of grabbing them before the hot dish.

Nutrition Facts

Serving Size 1/2 cup (147g)
Servings Per Container 10

Amount Per Serving

Calories 170 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 5mg 1%

Sodium 440mg 18%

Total Carbohydrate 34g 11%

Dietary Fiber 9g 34%

Sugars 10g

Protein 8g

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 8%

*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

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.