

Three Bean Bake

A new twist to baked beans!

10 servings

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:

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.

Nutrition Facts: One 1/2 cup serving provides 170 calories, 1g total fat, 5mg cholesterol, 440mg sodium, 34g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Three Bean Bake
Hamburger
Peach Half
Low Fat Milk

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