

Three Bean Casserole

6 – 8 servings

1 can (15 ounces) kidney beans, rinsed and drained
1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
1 can (15 ounces) lima beans, rinsed and drained
1 pound lean ground beef (90% lean)
1 large onion, chopped
1 garlic clove, minced
1/4 cup packed brown sugar
1/2 teaspoon salt
Dash pepper
2 tablespoons prepared mustard
1/2 cup ketchup
1 teaspoon ground cumin
1/4 cup water
1 tablespoon white vinegar

1. In a 2 ½ quart baking dish, combine beans; set aside.
2. In a skillet, cook the beef, onion and garlic over medium heat until beef is no longer pink. Remove from the heat; drain.
3. Add all the remaining ingredients to skillet; mix well.
4. Stir beef mixture into beans.
5. Bake at 350 degrees for about 45 minutes or until heated through.