



## Barbecue Beef, Bacon, Bean Casserole

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 lb oscar mayer bacon
- 1 bottle original barbecue sauce kraft
- 30 servings pepper black freshly ground to taste
- 1 cup brown sugar
- 6 cups shell beans drained canned (or 3 cans )
- 2 cloves garlic minced pressed peeled
- 2 lb ground beef lean
- 0.3 tsp liquid smoke

- 2 tsp ground mustard dried
- 1 small onion peeled finely chopped (or 1 Â)
- 1 cup heinz tomato ketchup
- 2 Tbsp citrus champagne vinegar

## Equipment

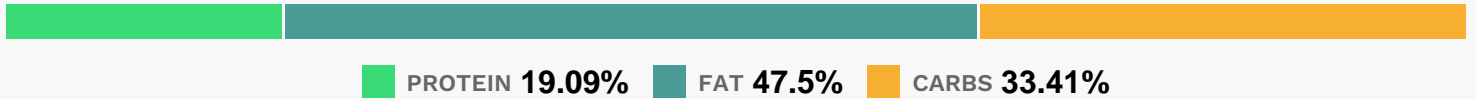
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- mixing bowl
- microwave
- slotted spoon

## Directions

- STIR all of the sauce ingredients together in a heavy-bottomed saucepan over medium high heat. Stir frequently until the mixture reaches a boil. Boil for one minute, remove from the heat and set aside.
- PREHEAT the oven to 325F.
- STACK the two pounds of bacon and cut across the slices making -inch wide strips. In a large skillet, fry the bacon, stirring frequently, until crisp and brown. Use a slotted spoon to transfer the bacon to a paper towel lined plate.
- Drain the bacon grease from the pan.
- PLACE the pan back over medium high heat and break up the ground beef into it. If using the onion, add it at this point. Continue breaking it up with a spoon as you cook it until the beef is browned. If necessary, drain any excess fat away from the meat. In a large mixing bowl, stir together the sauce, beef, bacon, and beans until well combined.
- DIVIDE the mixture between a 9-inch by 13-inch by 2-inch pan and an 8-inch by 8-inch by 2-inch square pan.
- Bake (uncovered) for 1 hour or until very bubbly and hot all the way through.

- SPRAY the bowl of a slow-cooker crock insert with non-stick cooking spray.
- POUR the mixture into the insert, cover, and cook on LOW for 4 to 6 hours or until very bubbly and hot all the way through.
- STORE leftovers tightly covered in the refrigerator or divide into individual meal sized portions and freeze in an airtight container for up to 6 months. Reheat with a dash of water in a covered saucepan or in the microwave.

## Nutrition Facts



### Properties

Glycemic Index:3.27, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:7.6513043434724%

### Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 260.68kcal (13.03%), Fat: 13.73g (21.13%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 19.72g (7.17%), Sugar: 13.84g (15.38%), Cholesterol: 38.71mg (12.9%), Sodium: 576.89mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Selenium: 13.69µg (19.55%), Vitamin B3: 3.2mg (15.99%), Zinc: 2.2mg (14.63%), Phosphorus: 138.39mg (13.84%), Vitamin B12: 0.83µg (13.81%), Vitamin B6: 0.26mg (13.19%), Manganese: 0.19mg (9.74%), Iron: 1.73mg (9.62%), Potassium: 318.32mg (9.09%), Vitamin B1: 0.12mg (8.18%), Fiber: 2.02g (8.06%), Magnesium: 29.4mg (7.35%), Copper: 0.13mg (6.39%), Vitamin B2: 0.11mg (6.38%), Folate: 21.67µg (5.42%), Vitamin B5: 0.5mg (5.01%), Vitamin E: 0.46mg (3.07%), Calcium: 25.75mg (2.57%), Vitamin A: 86.66IU (1.73%), Vitamin D: 0.15µg (1.01%)