

# Western-Style Baked Beans

Adapted from *allrecipes.com*



1/2 pound extra lean ground beef (or use Italian sausage)

62 ounces canned baked beans with pork (31 ounce cans - large)

1/2 pound bacon, cooked and crumbled

1/4 pound cooked ham, chopped

3 tablespoons minced onion

1/2 tablespoon chili powder

2 tablespoons ketchup

2 tablespoons packed brown sugar

1/2 tablespoon molasses

2 tablespoons water, optional

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

**Servings: 16**

*In a pinch, if you can't find a chunk of ham, buy two ham hocks. It's tedious getting the meat off, but it will be sufficient.*

1. Crumble the ground beef in a large skillet over medium-high heat. Cook and stir until no longer pink, 5 to 10 minutes.
2. Drain off grease and transfer the beef to a 4 quart or larger slow cooker.
3. Stir in the baked beans, bacon, ham, onion, chili powder, ketchup, brown sugar and molasses. If it seems thick, stir in the water. Cover and cook on High for 3 hours or cook for 6 to 8 hours on Low.

---

Per Serving (excluding unknown items): 139 Calories; 10g Fat (66.6% calories from fat); 8g Protein; 3g Carbohydrate; trace Dietary Fiber; 26mg Cholesterol; 355mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.