

## **Recipe Category: Hot Main Dish**

## Meat 'n Double Beans Casserole

Yield: 2 servings, about 1 1/2 cups each

- 1/4 pound raw lean ground beef or ground turkey (or about 3 ounces cooked)
- 1/4 medium onion, chopped
- 2/3 cup canned pork & beans in tomato sauce
- 2 teaspoons brown sugar or crushed pineapple
- 2 teaspoons prepared mustard
- 2 teaspoons Worcestershire sauce
- 1 medium raw potato, diced
- 1 cup frozen cut greens beans
- 2 tablespoons shredded cheddar or colby cheese
- 1. Wash your hands and work area.
- 2. In a skillet sprayed with non-stick cooking spray, brown ground meat over medium heat. Drain off and discard fat.
- 3. Add onion and cook about 3 minutes, until onion softens. Remove from heat.
- 4. Meanwhile, remove and discard the chunk of pork from canned pork and beans. In a mixing bowl, mix together all ingredients very well.
- Pour mixture into a 1 or 1.5 quart microwave-safe dish that has been sprayed with non-stick cooking spray. Cover and cook in a microwave oven on high power for 6 minutes, stirring after 3 minutes. (Or, cover and bake in a conventional oven at 350 degrees F. for 1 hour, stirring after 30 minutes.)
- 6. Serve when thoroughly hot and potatoes are tender.
- Cover and refrigerate leftovers within two hours. Or, if desired, leftovers may be frozen in a moisture-proof freezer container.



<u>Meal suggestion</u>: Serve with angel food cake topped with yogurt and mixed berries.

This lean main dish is an excellent source of vitamin C, iron and dietary fiber. It is a good source of calcium and vitamin A.

## **Nutrition Facts**

Serving Size about 1 1/2 cups (313g) Servings Per Container 2 Amount Per Serving Calories 330 Calories from Fat 70 % Daily Value Total Fat 8g 12% Saturated Fat 3.5g 18% Trans Fat 0g Cholesterol 50mg 17% Sodium 640mg 27% Total Carbohydrate 45g 15% Dietary Fiber 7g 28% Sugars 14g Protein 20g Vitamin A 10% • Vitamin C 35% Calcium 15% Iron 30% \*Percent Daily Values are based on a 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs 2,000 Calories: 2.500 Total Eat Less than 65g 80g 25g Saturated Fat Less than 20g 300mg 2,400mg 300 mg 2,400mg Cholesterol Less than Sodium Less than Total Carbohydrate 300g 375g **Dietary Fiber** 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## 3 carbohydrate choices per serving.

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