

SUNSHINE BEAN CASSEROLE

2 c ea canned or cooked kidney,
limas and garbanzos*

1 lb ground beef

¼ c red wine OR ¼ c water w/ 3 T vinegar

1 large onion, chopped

salt & pepper to taste

½ c catsup

1 t cumin powder

1 clove garlic, minced

¼ c brown sugar

½ T prepared mustard

Put drained beans into a 2 ½ quart casserole, mix lightly and set aside. In a large skillet, cook ground beef, onions and garlic until meat is lightly browned; stir in remaining ingredients. Add skillet mixture to beans in casserole, mix together. Cover and bake for about an hour at 325° or simmer the mixture in an electric slow cooker on low for 3 to 4 hours.

*Or pick your own favorites.

Makes 6 to 8 servings.