

SWEET & SOUR BAKED BEANS
(From Aunt Lone's kitchen)

8 bacon slices, fried & crumbled	4 large onions, sliced in rings
½ c brown sugar	1 t dry mustard
½ t garlic powder (optional)	1 t salt
½ c cider vinegar	2 cans lima beans, drained
1 can green lima beans (drained)	1 can baked beans, undrained
1 can dark red kidney beans, drained	

Place onions in skillet, add sugar, mustard, garlic powder, salt & vinegar. Cook 20 minutes, covered. Add onion mixture to beans. Add crumbled bacon. Pour into 3 qt casserole dish. Bake 350° for 1 hour.

Makes 12 servings.

Calories: 210, Carbohydrate: 37 grams, Protein: 10 grams, Fat: 2 grams.