

BBQ Beef *and beans*

Ingredients

1 lb ground beef
1/2 lb bacon (optional)
1 small onion, chopped
2 cans beans of choice, rinsed and drained- We like Pork & Beans and pinto beans
1/2 cup ketchup
1/2 cup Brown Sugar
1 tsp Mustard
1 Tbsp vinegar
salt and pepper to taste

Directions

- Cook the bacon until crispy and then chop into bits
- Brown and crumble ground beef and onion
- Once ground beef is fully cooked add the rest of the ingredients
- Stir well and transfer to a baking dish
- Bake at 350 f for 45 minutes to 1 hour, until bubbly.

Feel free to add hot sauce, sriracha, jalapeños, or chipotle for additional flavors and spice.

