
Five Bean Baked Beans

Servings: 24

16 oz-can butter beans
16 oz-can lima beans, if frozen, cook
16 oz-can red kidney beans
16 oz-can cannellini beans or great northern
3/4 pound sliced bacon
3 medium sweet onions, chopped
1 1/2 cups maple syrup
3/8 teaspoon dry mustard
3/4 cup cider vinegar
1 1/2 tablespoons lemon juice
2 31 oz cans Van Camps Pork & Beans

Cook bacon and remove bacon from pan.

Saute sweet onions til translucent in bacon grease as needed. Add chopped bacon to onions and simmer 5 minutes.

Add maple syrup, dry mustard, cider vinegar and lemon juice to bacon/onion saute and cook for 5 minutes.

Add cans of pork and beans with juice.

Add cooked beans and stir thoroughly til well mixed. Bring bean pot mixture up to high simmer and then place in 200D oven covered for 30 minutes to combine flavors, then 350D oven uncovered for 45 minutes until hot and bubbly.

Per Serving (excluding unknown items): 1285 Calories; 4g Fat (2.6% calories from fat); 82g Protein; 241g Carbohydrate; 74g Dietary Fiber; 0mg Cholesterol; 132mg Sodium. Exchanges: 15 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.