

Studio 5

Friday, July 20, 2007

“Cowboy Beans”

Becky Low

Dairy Farmers of Utah

Celebrate Pioneer heritage with BBQ's and Dutch oven cooking. This easy recipe for Cowboy Beans makes an excellent side dish! Recipe serves approximately 6-8



Ingredients:

- 1/2 pound bacon, chopped
- 1/2 small onion, chopped
- 1 can (15 oz.) black beans*
- 1 can (15 oz.) navy or white beans *
- 1 can (15 oz.) red, pinto or kidney beans *
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1 tablespoon mustard
- 1 tablespoon Worcestershire sauce
- 1/2 cup water
- 1 can (7 oz.) diced green chilies

Method:

Slice or chop bacon, place in heavy pan or Dutch oven and scramble fry until cooked thoroughly. Add chopped onion and sauté until onion is tender and translucent. Drain excess fat.

Drain, but do not rinse beans. Add beans, ketchup, sugar, mustard, Worcestershire sauce, water and chilies to bacon and onion; bring to a boil over medium heat, reduce heat to simmer, cover and simmer 30 minutes stirring occasionally (if needed, add additional water to create desired consistency).

Notes:

* Dried beans may be substituted and will reduce sodium by approximately half. Cooking Directions for dried beans: Place 1/2 cup each black beans, red beans, and navy beans in large pan; cover with cold water and allow to soak overnight. Drain soaking liquid; cover beans with fresh water; place on medium heat; bring to a boil; reduce heat to simmer, cover and cook until tender (approximately 2-3 hours). Salt to taste last 30 minutes of cooking.

Nutrition Facts

Serving Size approx 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 360 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **12%**

Cholesterol 10mg **4%**

Sodium 1680mg **70%**

Total Carbohydrate 61g **20%**

Dietary Fiber 12g **49%**

Sugars 20g

Protein 16g

Vitamin A 15% • Vitamin C 25%

Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4