

SUNSHINE BEAN CASSEROLE

2 c ea canned or cooked kidney, limas and garbanzos*	½ c catsup
1 lb ground beef	1 t cumin powder
¼ c red wine OR ¼ c water w/ 3 T vinegar	1 clove garlic, minced
1 large onion, chopped	¼ c brown sugar
Salt & pepper to taste	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.