

# Cowboy Baked Beans

Serves 8 | ½ c serving

## Nutrition Information

Calories: 131 Sodium: 332mg Carbohydrate: 18g

## Ingredients

- ½ lb ground beef
- ½ small onion, diced
- 3 Tbsp brown sugar
- 3 Tbsp ketchup
- 1 Tbsp BBQ sauce
- 1 can (14.5 oz) low-sodium diced tomatoes
- 1 can (16 oz) vegetarian baked beans
- 2 tsp chili powder
- ¼ tsp garlic powder
- ½ tsp salt



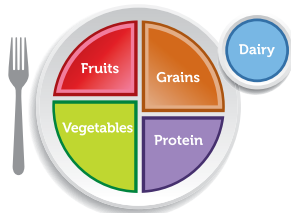
## Directions

1. Preheat oven to 400° F.
2. Brown ground beef with diced onions over medium heat. Drain ground beef-onion mixture.
3. Combine remaining ingredients with ground beef-onion mixture in baking dish. Mix well and cover.
4. Bake at 400° F for 25-30 minutes.

## Additional Information

Eating a mix of foods from the food groups is important to promote health. The MyPlate icon is a reminder to make healthy choices from each of the five food groups. Vegetables are organized into subgroups based on their nutrient content. The vegetable subgroups include *dark green, red and orange, beans and peas (legumes), starchy, and other.*

Foods in the *beans and peas (legumes)* subgroup are an excellent source of protein. They provide nutrients such as iron, zinc, potassium and folate. In addition, they are an excellent source of dietary fiber. Vegetables in this subgroup include black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, and refried beans.



Choose **MyPlate**.gov



WISCONSIN DEPARTMENT OF  
**Public Instruction**

This institution is an equal opportunity provider.  
This project was funded using U.S. Department of Agriculture grant funds.