

Hawaiian Bean Casserole

Recipe Type: Main Dish

Serves: 8

Prep Time: 20 minutes

Cooking Time: 1 hour and 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- ¼ pound (lb.) low-sodium bacon
- 1 small red onion
- 1 garlic clove
- 1 medium green bell pepper
- 2–16 oz cans of low-sodium baked beans
- ½–15 oz can of kidney beans
- 1–8 oz can of pineapple chunks
- 2 T molasses
- ½ C brown sugar
- ½ t black pepper
- 2 t yellow mustard
- 1 t Worcestershire sauce
- 1 bunch scallions or green onions

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F degrees.
3. Cook the bacon.
4. Drain the bacon but keep about 1½ T of the grease.
5. Tear the bacon into small pieces.
6. Dice the onion, garlic and bell pepper and sauté them in the bacon grease. Set aside.
7. Drain and rinse all the beans and pineapple chunks.
8. Put all the ingredients into a 7x11 inch dish or a casserole dish.
9. Bake for 1 hour.
10. Serve warm with a side of baked tortilla chips or rice.
11. Enjoy!



This is a picture of 1 serving.

Contains Fish

Nutrition Facts

8 servings per container

Serving size 1 Cup (227g)

Amount per serving

Calories 300

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 51g 19%

Dietary Fiber 2g 7%

Total Sugars 30g

Includes 16g Added Sugars 32%

Protein 10g

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 1mg 6%

Potassium 648mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 3.8

Tip: Add the ½ can of beans into soup for lunch.