Barbecued Beef and Bean Casserole

Thom Hackett
Servings: 5

This is a family favorite on BBQ days. My family asks for it often and I am happy to make it because I like it as well.

Ingredients

Beef and Vegetables:
1 pound lean ground beef
½ cup chopped celery
½ cup minced onion
½ cup diced green bell pepper

Spices and Sauce:
8 ounces can tomato sauce
2 tablespoons vinegar (recommend apple cider vinegar)
½ cup water
1 clove garlic, minced
1 tablespoon dry mustard
½ teaspoon thyme
1 tablespoon brown sugar
2 Tablespoons black strap molasses
salt and pepper

Beans:
1 40-ounce can pork and beans (recommend "Van Camp's")

Cooking Method

Preheat oven to 375° F.

Cook beef and vegetables in hot olive oil until soft.

1. Add tomato sauce, water, garlic, vinegar, dry mustard, thyme, brown sugar, salt and pepper
2. Blend well.
3. Simmer 5 minutes.

Pour bean into casserole

Pour meat mixture over beans.

Bake at 375º F. for 45 minutes.