

# My Summer Baked Beans

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/pillsbury-recipe-italian-sausage-ketchup-black-beans>

## Ingredients:

- 1/2 pound lean ground beef sautéed and drained
- 1/4 pound sweet Italian sausage or mild, hot, sautéed and drained, I used hot sausage to kick it up
- 4 strips bacon lean quality, cooked crisp, torn into small 1/2? pieces, I used Kroger thick cut Bacon
- 1 medium onion chopped
- brown sugar
- black bean
- 45 ounces baked beans
- bourbon
- 1/2 cup ketchup
- 2 tablespoons Worcestershire sauce
- 2 tablespoons apple cider vinegar
- 1/4 cup dark brown sugar packed
- 1 teaspoon molasses
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 tablespoon chili powder
- 2 garlic minced cloves of
- 1/4 cup medium salsa or mild, used Herdez
- red pepper flakes to your liking.

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 110 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 18 grams
6. Protein: 40 grams

7. SaturatedFat: 6 grams
  8. Sodium: 2480 milligrams
  9. Sugar: 55 grams
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