



Cowboy beans recipe

Ingredients

- 1 lb lean ground beef (90% lean)
- 1 large sweet onion, chopped
- ½ cup packed brown sugar
- ¼ cup ketchup
- 3 tbsp apple cider vinegar
- 2 tbsp yellow mustard
- 1 can (16 oz) butter beans, drained
- 1 can (16 oz) kidney beans, rinsed and drained
- 1 can (15 oz) pork and beans (undrained)
- 1 can (15.25 oz) lima beans, rinsed and drained

Instructions

- **Cook the Beef and Onion:**

In a large skillet over medium heat, cook the ground beef and chopped onion until the meat is no longer pink.

Break the beef into crumbles as it cooks, then **drain off the excess grease.**

- **Combine Ingredients in Slow Cooker:**

Transfer the cooked beef and onion mixture to a **3-quart slow cooker.**

In a bowl, whisk together the brown sugar, ketchup, vinegar, and mustard.

Pour over the beef mixture and stir to combine.

- **Add the Beans:**

Add the butter beans, kidney beans, pork and beans, and lima beans.

Stir everything together until evenly mixed.

- **Cook:**

Cover and cook on **Low** for **4 to 5 hours**, or until heated through and flavors have blended.