



## Cowboy Beans

Yield - 100 (1 ½cup) servings

### Ingredients

9 ¼lbs. Beans, uncooked  
(If beans have been cooked & drained, use 12 ¾qts.)  
2 lbs. Ground Beef  
2 bunches Celery, chopped  
7 ½cups Onions  
18 cups Tomato Paste  
3 Tbsp. Chili Powder  
3 Tbsp. Pepper  
½cup Salt  
½cup Sugar

### How to Prepare

1. Cook beans until tender.
2. Brown beef, chili powder, pepper, salt & sugar. Simmer for 20 minutes.
3. Add to cooked beans and heat until flavors are blended. Serve hot.

\*\*\*\*\*Nutritional Information Per Serving\*\*\*\*\*

Calories = 99	Saturated Fat = 0.38g	Dietary Fiber = 4.28g	Vitamin C = 21.23mg
Carbohydrate = 18.31g	Cholesterol = 5mg	Protein = 5.74g	Calcium = 35.71mg
Total fat = 1.17g	Sodium = 747mg	Vitamin A = 123RE	Iron = 1.78mg

Recipe provided by Grace Adams, Thomas Jefferson High School, Louisville, KY

