

Meat/Cowboy Beans

- brown (about 3 minutes). Remove excess fat.
3. Add (C) and continue to cook over medium heat until onions are translucent.
 4. Mix (D) (or use prepared spice mix) and add to pot, mixing well. Cook for another 1-2 minutes.
 5. Add (E), crumble reserved bacon into pot, mix well, simmer for 10 minutes.
 5. Add (F), heat through, and serve.

Servings: 8

\$Id: cowboy_beans,v 1.3 2025/03/02 18:10:05 deaven Exp \$



- A: 4 strips bacon, chopped
B: 1# ground beef
2c garlic, minced
C: 1 onion, chopped
D: 2T paprika
2T sugar
1T basil
2t black pepper, ground
2t rosemary, ground
1t turmeric
1t thyme
1t salt
1/2t celery seed
E: 2C beans (dry), soaked and cooked
2T tomato paste or ketchup
F: 1C corn, cooked
1. Fry (A) in a heavy pot until crisp.
2. Remove bacon meat from pot and reserve, add (B), and

From the kitchen of David and Jennifer Deaven

From the kitchen of David and Jennifer Deaven