

Hearty Bean Burger Stew

You will need:

- 1/4 to 1/2 lb. extra lean ground beef (about 1-2 hamburger patties' worth), broken into small chunks
- 1 medium onion
- 2 16-oz. cans Pork and Beans
- 1 14.5-oz. can diced tomatoes (you can use plain or flavored ones)
- Medium frying pan

Directions:

- 1) Dice the onion into medium or small pieces. Add the ground beef and chopped onion to the frying pan, and cook over medium-low heat for 5 minutes until the ground beef is cooked through and the onion is starting to become translucent.
- 2) Open the cans of pork and beans, and discard the fatty piece of "pork" usually floating on the top. Add the cans of beans and the can of tomatoes to the frying pan - don't drain either. Cover and simmer for 10-15 minutes, stirring every few minutes.
- 3) Serve up your hearty bean burger stew and enjoy!