

JG's Favorite Quick Pick Dish:

Ingredients:

1 lb. ground beef

1 tsp salt (can be less)

½ tsp. Pepper

¼ c finely chopped onions (optional)

1 can baked beans (we use Busch's Original 21 oz.)

¼ c molasses

2 T. brown sugar (add more, too taste)

Chow Mein noodles to top (optional)

Brown hamburger with onions add salt & pepper.

Add baked beans (with liquid), molasses & brown sugar. Simmer on low approx. 5-10 min.

Chow Mein noodles on the side to top each serving (if wanted).

Serve with a salad and fruit- a meal is served!