

Four Bean Chili

1/2 lb. hamburger (extra lean)
1 onion, chopped
1 can green lima beans, un-drained
2 cans kidney beans, un-drained
1 can butter beans, un-drained
1/2 cup ketchup
1/2 cup brown sugar
1/2 c. water

Brown hamburger and onion together on the stove top. Stir together all ingredients and simmer on stove top for 20-30 or until hot.

This recipe is provided by SHS Wellness Programs.
All of our recipes can be found online at
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