

Meat Lovers Stew Recipe
(Also known as 4 bean chili)

INGREDIENTS:

1.5 pound lean (85%) burger
6 slices of bacon cut into bits; 1 pound even better!
1/2 large onion
1 large can pork and beans
1 small can of kidney beans
1 small can of black beans
1 package lima beans
2 Tbsp Vinegar
1/2 Cup Brown Sugar
1 Tbsp Liquid Smoke
1 Cup Ketchup
Salt and pepper to taste

DIRECTIONS:

Brown (but don't burn/crisp) bacon pieces and diced onion in dutch oven (drain excess fat if desired). Put hamburger in pot and brown. I like to add my salt and pepper while cooking the burger. Add rest of components and then bring to heat with lid on, stirring occasionally. Be careful not to scorch bottom with too much heat. Put on low simmer with lid on till lima beans are tender (or until the boys can't wait any longer :)

NOTES AND VARIATIONS:

It usually takes at least an hour to get the lima beans soft. If you have time, I like to simmer 2-3 hours. If you want to speed up the meal, you can boil the lima's in a separate pot for about 15 minutes while you are browning the burger, and then add them to the stew. This way, the stew would be ready as soon as you bring it to heat.

If you want the stew to be thick enough to stand a fork in, drain the water from the cans of beans. If you prefer a little liquid in your stew, dump entire contents of cans into the pot. You can always add a little water to make more like soup.