

SLOW COOKER BEANS AND FRANK SOUP



July 13

National Beans and Franks Day

INGREDIENTS

- 1 Can (28 Ounces) Baked Beans with Bacon and Brown Sugar Sauce (undrained)
- 1 Can (11½ Ounces) Eight-Vegetable Juice
- 6 Frankfurters (that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 1½ Cups Chopped Carrots
- 1 Cup Chopped Onion
- 1 Clove Garlic (chopped)
- 1 Teaspoon Worcestershire Sauce

DIRECTIONS

1. Mix all ingredients in 3½- to 6-quart slow cooker.
2. Cover and cook on low heat setting 6 to 8 hours (or high heat setting 3 to 4 hours) or until carrots are tender.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1½ Cups	2 Cups	2 Cups