



Baked Beans with Ground Beef is a classic dish that brings warmth and satisfaction to any meal. This dish combines the smoky sweetness of baked beans with the rich, savory taste of ground beef, making it a perfect side or main dish for gatherings, potlucks, and family dinners. The combination of flavors creates a comforting experience that everyone will love. Whether you serve it with barbecue, cornbread, or a [simple green salad](#), this dish is a guaranteed crowd-pleaser.

## **The Secret to Perfectly Balanced Sweet and Savory Flavors**

The secret to making the best Baked Beans with Ground Beef lies in the balance of flavors. The beans provide a slightly sweet and tangy base, while the ground beef adds depth and heartiness. Key ingredients such as brown sugar, mustard, Worcestershire sauce, and ketchup help enhance the flavors, creating a dish that is both rich and satisfying. By adjusting the ingredients to your taste, you can create a customized dish that suits your preferences. For a smoky kick, consider adding a bit of smoked paprika or crumbled bacon.

## **Step-by-Step Guide: How to Make the Best Baked Beans with Ground Beef**

### **Ingredients You'll Need**

To make this delicious dish, gather the following ingredients:

- **1 lb ground beef**
- **1 medium onion, chopped**
- **2 (28 oz) cans of baked beans**
- **1/2 cup ketchup**
- **1/4 cup brown sugar**
- **1 tbsp Worcestershire sauce**
- **1 tbsp yellow mustard**
- **1/2 tsp garlic powder**
- **1/2 tsp salt**
- **1/4 tsp black pepper**
- **1/4 cup beef broth (optional, for extra moisture)**



## **Instructions**

### **Step 1: Prepare the Ground Beef**

Start by heating a large skillet over medium-high heat. Add the ground beef and chopped onion, cooking until the beef is browned and the onion is soft. This should take about 7-10 minutes. Once cooked, drain any excess grease to prevent the dish from becoming too oily.

### **Step 2: Combine the Ingredients**

In a large mixing bowl, combine the cooked beef and onion with the baked beans, ketchup, brown sugar, Worcestershire sauce, mustard, garlic powder, salt, and black pepper. Stir everything together until well mixed. If you prefer a slightly thinner consistency, add 1/4 cup of beef broth.

### **Step 3: Transfer to a Baking Dish**

Preheat your oven to 350°F (175°C). Grease a casserole dish and pour the bean and beef mixture into it. Spread evenly to ensure consistent cooking.

### **Step 4: Bake the Dish**

Place the casserole dish in the oven and bake uncovered for 45 minutes to 1 hour. The dish should be bubbling and slightly thickened when done.

### **Step 5: Let It Rest and Serve**

Remove the dish from the oven and allow it to cool for a few minutes before serving. Enjoy your Baked Beans with Ground Beef as a side dish or a hearty main course!



## Creative Additions and Substitutions to Elevate Your Recipe

While the basic recipe is delicious, you can personalize your Baked Beans with Ground Beef by adding or substituting ingredients:

### Additions:

- **Bacon** - Crumbled bacon adds a smoky and crispy texture.
- **Bell Peppers** - Chopped bell peppers bring color and crunch.
- **Jalapeños** - Adds a spicy kick for heat lovers.
- **BBQ Sauce** - Swap out some ketchup for BBQ sauce to enhance the smoky flavor.
- **Maple Syrup** - Adds a touch of natural sweetness.

### Substitutions:

- **Ground Turkey or Chicken** - A leaner alternative to ground beef.
- **Honey or Molasses** - Use instead of brown sugar for a different sweetness profile.
- **Dijon Mustard** - Gives a tangier kick instead of yellow mustard.



## Nutrition Information

Below is the approximate nutritional breakdown per serving (based on 8 servings):

<b>Nutrient</b>	<b>Amount per Serving</b>
Calories	320
Protein	18g
Carbohydrates	42g
Fat	9g
Fiber	7g
Sugar	16g
Sodium	780mg

## Serving Suggestions: What Goes Best with Baked Beans and Ground Beef?

Baked Beans with Ground Beef pairs well with a variety of side dishes. Here are a few serving ideas:

- **Cornbread** - The slightly sweet and fluffy texture complements the beans.
- **Coleslaw** - A refreshing and crunchy side to balance the rich flavors.
- **Grilled Meats** - Perfect as a side for BBQ chicken, ribs, or brisket.
- **Mashed Potatoes** - Adds extra creaminess to the meal.
- **Garlic Bread** - A crispy and buttery option to scoop up the beans.

## FAQs About Baked Beans with Ground Beef

### 1. Can I make Baked Beans with Ground Beef ahead of time?

Yes! You can prepare this dish a day in advance and store it in the refrigerator. Simply reheat it in the oven at 350°F for 20-25 minutes before serving.

### 2. Can I freeze Baked Beans with Ground Beef?

Absolutely. Store leftovers in an airtight container and freeze for up to 3 months. Thaw in the refrigerator overnight before reheating.



### **3. How do I prevent the beans from becoming mushy?**

Avoid overbaking and use quality canned beans. If using homemade beans, cook them until just tender before incorporating them into the recipe.

### **4. Can I make this in a slow cooker?**

Yes! Brown the beef and onions first, then add all ingredients to a slow cooker. Cook on low for 4-6 hours or high for 2-3 hours.

### **5. How can I make this dish spicier?**

Add chopped jalapeños, cayenne pepper, or hot sauce to increase the heat level.

## **Final Thoughts**

Baked Beans with Ground Beef is an easy, flavorful, and satisfying dish that's perfect for any occasion. Whether you're preparing it for a [summer barbecue](#), a cozy winter meal, or a potluck, this recipe is a go-to favorite. With its blend of sweet, tangy, and savory flavors, it's sure to please any crowd. Plus, with so many ways to customize it, you can create a version that's perfect for your taste buds. Give it a try and enjoy a dish that's both hearty and delicious!

Looking for more easy and delicious recipes? Be sure to check out our latest creations and bring new flavors to your table!