



Our Family Recipes

Mary's Musical Fruit (Beans)

(Mary Elizabeth Yerkes Churma Miller Martin)

Main Dishes

1 pound ground beef
1 small onion ~ chopped
¼ celery ~ chopped ~ (I use about stalks from the heart)
¼ cup green bell pepper ~ (I use a whole small pepper)
Clove of garlic ~ chopped
½ t thyme
1 t dry mustard ~ (Coleman's)
2 T red wine vinegar
1 T brown sugar ~ more (gradually) if you like it sweeter
Large can Van de Kamps Pork & Beans
8 ounces tomato sauce
Salt & pepper

Brown meat and onion.
Add celery, pepper and garlic ~ saute.
Add remaining ingredients.
Simmer.
The longer this cooks the better it tastes.