



Our Family Recipes

Mom's Musical Fruit (Beans)

(Jaclyn Louise Traverso Yerkes Churma)

Main Dishes

"Musical Fruit, the more you eat, the more you toot!"

1 lb ground beef
1 small onion, chopped
¼ cup celery
¼ cup bell pepper, cut in larger pieces for those who can't eat, but enjoy the flavor
Clove of garlic
½ t thyme
1 t dry mustard
2 T vinegar
1 T brown sugar
Large can pork and beans
8 oz can tomato sauce
Salt & pepper

Brown meat and onion
Add celery, pepper and garlic
Saute
Add remaining ingredients
Simmer

The longer this dish is cooked, the better it tastes.