

## The Best Baked Beans & Ground Beef Casserole: A Potluck Classic

Baked Beans & Ground Beef Casserole



OVEN  
**350°F**

TIME  
**7 min**

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### INGREDIENTS

The Protein: 1 lb ground beef (lean or 80/20 both work well).

The Aromatics: 1 medium yellow onion (diced) and 1 medium green bell pepper (diced).

The Sweet & Savory Sauce: 1 cup ketchup, 1/2 cup packed brown sugar, 2 tsp Worcestershire sauce, and 1 tsp mustard.

The Base: 2 (15 oz) cans of pork and beans (do not drain these-the liquid is essential!).

Essentials: 1 TBS butter (for greasing), plus salt and black pepper to taste.

### DIRECTIONS

1. **Prep the Oven and Dish:** Preheat your oven to 350°F (175°C). Take your 1 tablespoon of butter and grease a 9x13-inch baking dish thoroughly. This not only prevents sticking but adds a hint of richness to the edges of the casserole.
2. **Brown the Beef:** In a deep skillet over medium-high heat, brown the ground beef until it is no longer pink. As it cooks, use your spatula to break it into fine crumbles.
3. **Sauté the Vegetables:** Add the diced onion and bell pepper directly into the skillet with the beef. Cook, stirring occasionally, for about 5-7 minutes until the vegetables have softened and the onions are translucent. Once finished, be sure to drain the excess grease so your casserole isn't oily.
4. **Build the Flavor:** Stir in the ketchup to coat the meat and vegetables. Add the mustard, Worcestershire sauce, and brown sugar. Mix everything until the sugar has dissolved and the sauce is a dark, glossy mahogany color. Take a quick taste and season with salt and black pepper as needed.
5. **Add the Beans:** Pour in both cans of pork and beans, including all the liquid from the cans. Stir gently to combine everything without mashing the beans.
6. **The Long Bake:** Pour the mixture into your prepared 9x13 baking dish and smooth it out into an even layer. Cover the dish tightly with aluminum foil and seal the edges. Bake in the preheated oven for 45-50 minutes. The long bake time allows the flavors to meld together and the sauce to thicken into a rich glaze.

## SWAPS & NOTES

**The Spice Factor:** If you want a little more "zip," you can substitute half of the green bell pepper for a diced jalapeño or poblano.

It adds a wonderful layer of heat that cuts through the sweetness of the beans.

**The Beans:** While standard pork and beans are the classic choice, you can use "Original" flavored canned baked beans if you want an even sweeter, thicker result.

**The Meat:** Ground turkey or even crumbled sausage can be used in place of the beef if you want to experiment with different flavor profiles.

## TIPS FOR SUCCESS

**Don't Drain the Beans:** The "juice" in the can of pork and beans contains starches and seasonings that are vital for the texture of the final casserole.

**Drain the Beef:** Make sure you are diligent about draining the fat after browning the meat and veggies.

Because the beans are already soft, too much grease can make the dish feel heavy.

**Let it Rest:** Give the casserole about 5-10 minutes to sit after taking it out of the oven.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-baked-beans-ground-beef-casserole-a-potluck-classic/>