

JULY 4th LEFTOVER FRANKS & BEANS

Once your big 4th of July party is over, you might need a few ideas for how to use all of those leftovers. Here's an idea for franks and beans – a dish my dad loved. You could also add some hamburger too, just chop it up.

INGREDIENTS

2 teaspoons butter

$\frac{1}{2}$ onion, chopped

1 clove garlic, minced

$\frac{1}{2}$ teaspoon red pepper flakes

2 cups baked beans

8 franks, sliced

$\frac{1}{3}$ cup brown sugar

1 teaspoon honey

1 teaspoon Dijon mustard

salt and pepper to taste

PREPARATION

Melt butter in a skillet. Add onions and sauté until caramelized, about 8 minutes. Add garlic and red pepper flakes and sauté one more minute.

In a small bowl, combine brown sugar, honey and Dijon mustard. Add franks, beans, and honey mixture to skillet and mix together. Season with salt and pepper to taste.

Place all contents of the skillet into a buttered casserole dish. Bake uncovered for 30 minutes. Stir mid-way through.