

**VITAMINSEA**  
MAINE SEA VEGETABLES

Recipe

[www.vitaminseaseaweed.com](http://www.vitaminseaseaweed.com)

### RANCH STYLE BEANS

- 2 Kombu Leaves
- 2 lbs. of Pea Beans (soaked overnight)
- 1 lb. of Kidney Beans (soaked overnight)
- 1 ½ lbs. of Hamburger
- 1 cup Brown Sugar
- 1 cup Ketchup
- 1 tbsp. Worcestershire Sauce
- 1 tbsp. Ground Mustard
- 1 med. Onion, chopped
- 1 tbsp. Triple Blend Flakes

Brown hamburger with onion and Triple Blend Flakes. Slowly add all ingredients in a crockpot. Stir thoroughly. Cook on low for 6 hours.