



Rinse the beans! For every 1 cup of dried beans, add 4 cups of water.



Soak the beans overnight in the water.



Simmer on the stove for 2 hours with water always covering the beans.

Dried Pinto Beans



Nutrition: Pinto beans are a very good source of cholesterol-lowering fiber, and their fiber content prevents blood sugar levels from rising too fast after a meal, making them an especially good choice for individuals with diabetes.

Add cooked beans to: soup, chili or rice dishes.



Mexican Style Pinto Beans

Ingredients:

- 1 pound dried pinto beans, rinsed
- 2 (10 ounce) cans diced tomatoes
- 1/2 pound bacon, cut into 1/2-inch pieces (if available)
- 1 yellow onion, chopped
- 1 tablespoon chili powder or to taste
- 1 tablespoon ground cumin or to taste
- 1 1/2 teaspoons garlic powder or to taste
- 1/2 bunch fresh cilantro, chopped (if available)
- salt to taste

Directions:

1. Place pinto beans into a large pot and pour in enough water to cover by 2 to 3 inches. Let beans soak overnight.
2. Drain beans, return to pot, and pour in fresh water to cover; add diced tomatoes, bacon, onion, chili powder, cumin, and garlic powder. Bring to a boil, reduce heat to low, and simmer for 3 hours.
3. Stir cilantro and salt into bean mixture; simmer until beans are soft, about 1 more hour.

