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.