

# Slow Cooked Pinto Beans

*Slow Cooker Recipe*

Low Fat - High Protein - High Fiber

## Ingredients

Servings: 12

Prep Time: 8 hours

Cook Time: 4 hours

- 1 lb. **dried beans**, pinto recommended
- 4 cups **broth**, chicken or vegetable, low sodium
- 1 tsp **salt**
- 1 tsp **black pepper**
- 3 tbsp minced **garlic**
- 1/4 cup **green chilis**, diced
- 1/2 tsp **cumin** (optional)

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## Directions

1. Use a colander to rinse the pinto beans with water.
2. Put the beans into a large bowl. Fill the bowl with water until all the beans are covered. Be sure there is still room in the bowl for the beans to swell in size. Let the beans soak in the water for 8-12 hours. They will double or triple in size.
3. In the morning drain the beans, rinse them in cold water, then put the beans in a slow cooker. Add the broth, salt, pepper, garlic, chilis, and the optional cumin. Stir.
4. Add water to the crock pot until it covers the beans by 1-2 inches. Cook on low for 8-9 hours or on high for 4-5 hours.

*Recipe adapted from Lilluna.com*