



Recipes

Beans

Mexican Style Pinto Beans

Prep Time: 5 minutes

Bean Soaking Time: 2-4 hours

Cooking Time: 1 hour

Yield: 4 servings

Ingredients:

1 cup dried pinto beans
4 cups water
3 cloves garlic, minced
1 jalapeno pepper, minced
1/2 teaspoon cumin
1/2 teaspoon chili powder
Juice of one lime
Salt to taste

Directions:

1. Soak the beans and then place in a pot and cover with water. Bring to a boil for 3 minutes. Turn off heat, cover pot and let sit for 2-4 hours.
2. Drain and rinse beans.
3. Add to a large pot with 4 cups fresh water and bring to a boil.
4. Add garlic and jalapeno and cook for 1 hour or until beans are soft.
5. Add cumin, chili, lime and salt to taste.