

Idiot's Kitchen Recipe – Pinto Beans in a Pot

Recipe from www.idiotskitchen.com



Ingredients:

1 pound dried pinto beans
1 large onion, diced
2 Tablespoons olive oil
6 cups water
2 (4.5 ounce) cans diced green chilies
1 ham hock (optional)
1 teaspoon chili powder
Salt & Pepper

Pick through and rinse the dried beans to remove any non-bean items like sticks, grit, or pebbles. If you can plan ahead, the beans are more tender and cook quicker if they have soaked overnight in a pan of water. Simply place the beans in water overnight, drain the next day, and discard the soaking water.

If you don't have time to soak the beans overnight, just be aware that they will take longer to cook – about 2 ½ to 3 hours.

Chop 1 large onion into small pieces. Heat 2 Tablespoons of olive oil in a large pot over medium heat and sauté the onion about 5 minutes until tender but not browned. Add the beans and 6 cups of water.

If you are using a ham hock, add it to the pot. Season the beans with freshly cracked pepper. Bring the pot to a boil, reduce the heat to low, cover, and simmer for 2 ½ to 3 hours (about half that time if you've presoaked the beans) until very tender but not falling apart.

Stir the beans occasionally to prevent sticking.

When the beans are tender, remove the ham hock and discard. Stir in 2 (4.5 ounce) cans of diced green chilies. Season with 1 teaspoon chili powder, and salt & pepper to taste.

Serve as a side dish or wrap a spoonful of beans in a warm corn tortilla.

This recipe makes a big pot of beans – at least 8 servings. GREAT leftover, even better the next day, killer in burritos.