

Homemade Pinto Beans

1 bag of dried pinto beans

1-2 Tbls salt

1-2 slices of cooked bacon (omit bacon for vegetarians and vegans)

Directions:

The night before: sort beans and remove imperfections (they often have little rocks and broken pieces). Rinse beans in a colander. Place beans in a large bowl and cover with water 2 inches above bean level and add 1 Tbls baking soda (anti flatulent). Soak beans over night. Poor out soak water and rinse again. Put in a large pot and cover with water to 2" above bean line. Add salt and cooked bacon slices (if desired). Cook beans on simmer for approx. 2 hours or until beans are tender. Remove from heat and eat. The beans cooked this way freeze well and you can make a lot of different recipes from the base recipe. Very economical and you know exactly what you're eating.

Options and Suggestions:

Southern Favorite

Make cornbread muffins and greens to serve with your beans. A favorite is a mix of collard, kale, and chard with salt and/or bacon.

BBQ Favorite

Add your favorite BBQ sauce to the pinto beans for a quick easy side dish.

Mexican Beans

Mash beans or a portion of them; add salsa, cheeses and Season All to taste. If beans are too thick add a little of the bean juice you cooked them in. If they are too loose add more cheese. This is essentially refried beans. To actually refry beans, fry tortilla chips or taco shells or tostadas and add a tablespoon of the hot fat to beans and stir like crazy after all other ingredients are in.

Chile Beans

Sautee ground beef seasoned with Season All Red Medium or Hot. Sautee onions and a little bell pepper and add to meat. Add all ingredients to the beans in the bean to beef ratio you like best. A combination of Red and Green Season All makes a really good flavor. If you're a purist and want to add just the pure chile powder in place of Season All you can order that from Sandia Spice by emailing a request for red or green chile powder and be sure to state the temperature and amount you want.