



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to
1 hour and 45 minutes

Ingredients

2 cups dried beans
(pinto, black, or pink),
rinsed

8 cups water

1 onion, peeled and
chopped

1 bay leaf

¼ teaspoon salt

Preparation

1. Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Nutrition information per serving: Calories 112, Carbohydrate 21 g,
Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg