



# BRYCE'S BEANS

## MAKES 10 SERVINGS

One pound of dry beans makes about 5 cups of cooked beans, equivalent to about 3 cans of canned beans.

### Ingredients:

- 1 lb dry pinto beans
- 5 c water
- $\frac{3}{8}$  Tbsp cumin
- $\frac{3}{8}$ -1 Tbsp southwest seasoning (to taste)
- 1 Tbsp chili powder
- $\frac{1}{2}$  Tbsp salt
- 2 cloves fresh garlic, minced
- $\frac{1}{2}$  c white onion, finely chopped

### Directions:

Remove any debris mixed in with the beans then rinse the beans and put them into a large bowl. Cover the beans with about 2 inches of water. Allow the beans to soak for 6-8 hours, or overnight. Then drain the beans and place them in a Crock-Pot. Add water to cover the beans by about 2 inches (about 5 cups of water). Add cumin, southwest seasoning, chili powder, salt, garlic, and onion. Cook for approximately 5 hours on high, until the beans are tender. Store beans in an airtight container in the refrigerator for a quick meal throughout the week

These beans are versatile. Try serving them alone or with whole grain rice and topped with feta and salsa. They can also be used in tacos and soups. Black beans, great northern beans, or navy beans can be substituted for the pinto beans in this recipe.