

Bryce's Beans

Makes 10 servings · about ½ cup each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 7 g · Fiber 7 g · Calories 120	

Ingredients

- 1 lb dry pinto beans
- 5 cups water
- ⅔ Tbsp cumin
- ⅔–1 Tbsp southwest seasoning (to taste)
- 1 Tbsp chili powder
- ½ Tbsp salt
- 2 cloves fresh garlic, minced
- ½ cup white onion, finely chopped

Directions

1. Pick through the beans for debris, rinse, and place in a large bowl. Cover with about 2 inches of water and soak 6–8 hours or overnight.
2. Drain the beans and add to a slow cooker. Cover with about 2 inches of fresh water (about 5 cups).
3. Add the cumin, southwest seasoning, chili powder, salt, garlic, and onion.
4. Cook on high about 5 hours, until the beans are tender.

Note: One pound of dry beans makes about 5 cups cooked (about 3 cans). Try them with whole-grain rice, feta, and salsa, or in tacos and soups.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 2 cloves fresh garlic
- ☐ 1 medium onion (about ½ cup chopped)

PANTRY & DRY GOODS

- ☐ 1 lb dry pinto beans
- ☐ ⅔–1 Tbsp southwest seasoning ()

CHECK YOUR PANTRY

- ☐ Cumin
- ☐ Chili powder
- ☐ Salt