

## Boiled Pinto Beans

### Ingredients:

- 2 cups dry pinto beans
- 1 white onion
- 2 cloves garlic
- 6 cups hot water
- 1 teaspoon salt

### Equipment:

- Cutting board
- Knife
- Saucepan with lid
- Measuring cups
- Measuring spoons

### Directions

1. Clean beans and rinse in cold water once or twice until water runs clear. Cover beans with hot water and soak overnight. Drain before cooking.
2. Place oil in the bottom of a medium saucepan, and heat on medium. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to saucepan.
3. Place garlic clove on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to saucepan. Cook onions and garlic until tender.
4. Add pinto beans and water to garlic and onion. Bring to a boil and lower heat to medium, keeping it at a simmer. Cook, covered, for 2 or 3 hours or until tender. If more water is needed, always add boiling water, a cup or so at a time.
5. Add salt after beans are soft.

Number of Servings: 4  
Prep Time: 10 minutes  
Total Time: 3 hours

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 399	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 23mg	1%
Total Carbohydrate 75g	25%
Dietary Fiber 28g	113%
Protein 24g	48%
Vitamin A 0%	Vitamin C 18%
Iron 38%	Calcium 15%

\*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

