

Pintos Charros

3 c. dried pinto beans
12 c. water
2 bay leaves
2 T. olive oil
4 strips of Organic Valley bacon,*diced
1 medium onion, diced
2 t. dried oregano
1 T. sea salt
fresh ground black pepper to taste
* available in the frozen food section

Pick through beans to remove any foreign objects. Place beans in a large stockpot and cover with four inches water. Allow to soak overnight. (Quick soak method: Place beans in a large stockpot and cover with water. Bring beans to a boil and turn off heat. Let beans soak in hot water for one hour. Drain beans, refill with water and proceed with recipe.

Drain soaking water and refill pot with water to cover beans by three inches and add bay leaf. Bring to a boil. Skim off any foam that forms and discard. Lower heat to a simmer and cook for about two hours. Once beans are tender and almost falling apart, they are done. Add salt and pepper.

While beans are cooking, sauté bacon until crispy in olive oil. Add onions and oregano and sauté onions until they are soft and translucent. Add this mixture to the cooked beans and adjust seasonings if needed. Serves 8-10.

Calories: 301, Fat: 6g, Calories from fat: 17%, Protein: 16g, Carbs: 47g, Dietary fiber: 18g, Cholesterol: 3mg, Sodium: 774mg