

Pintos

Ingredients:

- 1 lb. dry pinto beans
- 6 c. water or broth
- salt and pepper to taste
- ham hock, if available

Directions:

Rinse and sort the beans. Presoak the beans by one of these methods:

1. Place beans in a large pot and cover with warm water. Let soak overnight. -Or-
2. Place beans in a large pot and cover with warm water. Bring the water to a boil over high heat. Cook the beans for 1 minute, then remove the pot from the heat. Let the beans soak for 1 hour.

After soaking place the beans in a colander and rinse well.

Place the drained beans in your crockpot.

Add water or broth and the ham hock.

Cook on low for 7-8 hours or on high 4-5 hours or until soft and tender.

Season to taste.