

## PINTO BEANS

- 1 pound pinto beans, soaked overnight
- 8 ounces bacon (Niman Ranch is a nitrate-free brand)
- 1 medium onion, chopped
- 5 cloves garlic, chopped
- ½ cup cilantro, chopped
- 2 teaspoons cumin
- 1 Tablespoon chili powder
- 1 Tablespoon sea salt
- One jalapeno, optional
- 2 tomatoes, coarsely chopped

Rinse pinto beans thoroughly. Soak beans overnight for 8 hours. When the soaking process is complete, drain the beans and set aside.

Heat a large, heavy, soup pot to medium heat. Dice bacon and cook in pan; stirring frequently.

Meanwhile, chop onion, garlic, and cilantro; add to the cooked bacon. Cook about 10 minutes or until onion is translucent.

Add cumin, chili powder, and sea salt; stir until combined. Add beans and cover with hot water (using hot water will prevent the beans from cracking). If you like spicy, then you can add the jalapeno.

Bring to a boil and then turn heat to medium low and simmer for 2-3 hours. Stir often and add hot water as needed. Cook beans without a lid. Do not leave beans unattended for more than 20-30 minutes; the water evaporates quickly. Just keep your tea kettle on a burner and full of filtered water; then you can easily add water if needed. When done, beans should be soupy.

Before serving, add tomatoes and another quarter cup of cilantro. Stir and heat thoroughly. Recipe can easily be doubled; freezes well. Serve with brown rice, if desired, and additional cilantro.



Eat in Peace Wellness Consulting

Charlotte Skiles, MS

Clinical Herbalist  
& Nutrition Consultant

[www.charlotteskiles.com](http://www.charlotteskiles.com)