

Slow Cooker Un-refried Beans



Ingredients:

- 1 onion, peeled and halved
- 2 cups dry pinto beans, rinsed with damaged beans removed
- 1/2 jalapeno, seeded and chopped
- 3/4 teaspoon salt
- 2 cloves garlic, minced
- 1/2 teaspoon pepper
- 1/4 teaspoon cumin
- 6 cups water

Directions:

1. Add all ingredients to a slow cooker. Stir to combine.
2. Cook on high for 8 hours.
3. Remove onion halves.
4. Drain any excess liquid, saving 1-2 cups.
5. Mash beans with a potato masher. Add back liquid if a thinner texture is desired.

Makes 10 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>