

Marvelous Beans: Pinto

Pinto beans originated south of the U.S. border and are a mainstay for Mexican and South American cuisine. Pinto beans are packed with protein, fiber, micronutrients, antioxidants, iron, potassium, magnesium, calcium, phosphorus, and B vitamins folate, thiamin, riboflavin, and niacin. Additionally, they contain the flavonoid kaempferol, which is known to reduce inflammation and lower the chances of a stroke. As with most other beans, pinto beans should be soaked overnight, rinsed and drained, and cooked in fresh water or broth for best flavor and digestion results.

The Best Traditional Pinto Beans and Ham

1 lb dry pinto beans, sorted, rinsed, and soaked overnight
1 quart chicken broth
1 quart water
1 medium onion, rough chopped
2 ham hocks or about $\frac{3}{4}$ lb (can also use smoked turkey or a ham bone with chunks of ham)
2 bay leaves
1 tsp garlic powder
Salt and pepper to taste
Cilantro leaves for garnish if desired

Add soaked, drained and rinsed beans and all remaining ingredients except garlic powder, salt, and pepper to a large pot. Bring to a boil then reduce heat until barely simmering, cover pot, and cook until beans are soft—about 90 minutes. Remove ham hocks, pull off the meat and add to the beans. Add seasonings to taste, cilantro if desired, and serve.

Mexican Restaurant Refried Beans

1 lb dry pinto beans, sorted, rinsed, and soaked
1 medium onion, halved
5 cloves garlic, divided
1 bay leaf
1 tsp Mexican oregano, divided
3 tsp salt, divided
3 tbs olive oil
1 jalapeno pepper
 $\frac{1}{2}$ cup finishing cheese, queso fresco or cotija cheese
Cilantro leaves for garnish

Add soaked, drained and rinsed beans to a large pot and add $\frac{1}{2}$ onion rough chopped, 2 cloves diced garlic, bay leaf, $\frac{1}{2}$ tsp oregano, half the salt, and enough water to generously cover the ingredients. Simmer until beans are soft—about 90 minutes. Drain, reserving liquid, and discard the bay leaf. Meanwhile, finely dice the remaining

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<https://www.youtube.com/c/RoseRedHomestead>

half onion, garlic and jalapeno and cook in a large skillet with the olive oil and remaining oregano until onions soften. Add the cooked and drained beans and cook for about 2 minutes stirring as needed. Mash the beans to desired consistency adding in additional been cooking liquid as needed. Garnish with cheese and cilantro leaves.

Pinto Bean Summer Salad

2 cups cooked pinto beans, or 1 15-oz can pintos rinsed and drained
2 tbsp white balsamic or other light vinegar
1 avocado, diced
Juice from 1 lime
1 cup chopped tomatoes
½ cup chopped red onion
½ cup chopped cilantro

Dressing: 2 tbsp olive oil ¼ tsp Mexican oregano Salt and pepper to taste Combine ingredients and set aside.
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Blot beans with a paper towel and place in a medium bowl. Sprinkle with vinegar and allow to marinate for a few minutes. Cut avocado into a small bowl and squeeze lime juice over the chunks. Mix onions and cilantro with beans. Gently mix in avocado and tomatoes. Drizzle dressing over the salad and gently toss, adding more seasoning or lime juice as needed. Serve.