

Cooking Dried Beans in the Crock Pot

- 2 cups dried beans such as pinto or kidney
- 8 cups water
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- ½ teaspoon pepper
- ½ teaspoon oregano
- 1 teaspoon salt

1. Sort beans checking for rocks, dirt, etc. Rinse well. Combine rinsed beans and water in crock-pot. Cook on low for 6-8 hours (or overnight) until beans are soft. At this point remaining ingredients may be added.

2. Continue cooking until onion is tender (about 30 minutes). Beans may be used in any recipe that calls for canned beans, with or without the additional ingredients. They keep in the refrigerator for 3 days or may be frozen for later use.

Recipe from Utah State University Extension Food \$ense Program

Healthy Tip

Freeze beans in smaller bags. Take out to add in a soup, stew or casserole.

