

Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!

Yield:

varies

Ingredients:

Dried pinto beans

Water

Salt

Instructions:

1.

Wash pinto beans in water. Sort out any rocks or other items, if

needed. Be sure you're using beans that aren't too old, or they will

never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more

than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold

water. Allow beans to soak overnight or at least 6-8 hours.

Drain

soaking water. Rinse beans.

Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans

into a large stock pot. Bring to a boil. Boil 2 minutes and then allow

beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

See additional notes below for crockpot instructions!

Fill pot with soaked beans and fresh water to 3/4 full. Cook over medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!). Keep warm until ready to serve, or refrigerate and re-warm when needed.



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Additional Notes:

For beans that are more like refried beans (but still lumpy!), add some additional water and salt and cook beans, stirring occasionally, until desired consistency. Yum! ☐

Pintos and Cheese: Sprinkle cooked and salted pintos with

shredded cheese for a yummy quick snack or lunch!

Crockpot pinto beans:

Cover soaked beans with water, at least an inch above the level of the beans. Cook on low for 8-10 hours or until soft. (Remember, old beans might refuse to ever get soft, so be sure you're using good beans!)