



A Big Pot of Simmered Pintos

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By Martha Rose Shulman | Yield: Serves 6 |

Nutritional information per serving

254 calories; 1 gram fat; 0 grams saturated fat; 0 grams polyunsaturated fat; 0 grams monounsaturated fat; 0 milligrams cholesterol; 47 grams carbohydrates; 16 grams dietary fiber; 2 milligrams sodium (note: does not include salt to taste; add 387 milligrams per teaspoon of salt); 16 grams protein

Ingredients

1 pound (about 2 1/4 cups) pinto beans, washed and picked over for stones, soaked for at least 4 hours or overnight in 2 quarts water

1 medium onion, cut in half

2 to 4 large garlic cloves (to taste), minced

1 bay leaf

Salt to taste (I think beans need a lot, at least 1 teaspoon per quart of water used)

Preparation

- 1.** Place beans and soaking water in a large, heavy pot. Add halved onion and bring to a gentle boil. Skim off any foam that rises, then add garlic and bay leaf, reduce heat, cover and simmer 30 minutes.
- 2.** Add salt and continue to simmer another 1 to 1 1/2 hours, until beans are quite soft and broth is thick and fragrant. Taste and adjust salt. Using tongs or a slotted spoon, remove and discard onion and bay leaf. For the best flavor refrigerate overnight.

Advance preparation: The cooked beans will keep for 3 to 4 days in the refrigerator and freeze well.