Anita’s Beans “A La Charra”

From the kitchen of Anita Rivas, San Antonio
Preparation time: Traditional method: 4:30 hours (quick 35 minutes)
Number of servings: 15

Ingredients:
- 2 cups pinto beans
- 2 small tomatoes, sliced
- ½ cup cilantro sprigs, coarsely chopped
- 1 tablespoon vegetable oil
- 8 cups water
- 1 carrot, thinly sliced
- ½ small onion, coarsely chopped
- Jalapeno slices, as desired for “hotness”
- Salt to taste

Preparation:
1. Wash the pinto beans. Cover beans with water and boil for 1-2 minutes. Remove from heat and let them stand for about an hour. Pour off the water, replace with 4 cups of fresh water (enough to cover beans).
2. Cook pinto beans in water until almost tender (about 3 hours). Then add carrot.
3. Sauté onion, tomatoes, and cilantro in oil for about 5 minutes or until onion is transparent. Add to beans.
4. Add remaining ingredients and simmer for 30 minutes.

*To speed cooking time, use canned beans and skip steps 1 and 2. If using canned beans, look for low sodium beans or rinse beans with water. Also, try using a crockpot (the beans can cook while you are at work).

Nutrition information per serving:
- FAT: 7% of calories from fat (low)
- FIBER: 7.5 grams (high)
- CALORIES: 218

TIP
Beans are rich in fiber and naturally low in fat.