



## Maria's Beans with Spinach

From the kitchen of Maria Brooks, San Antonio

Preparation time: 2:30 hours (fast-cooking method); 5-6 hours (slow-cooking)

Number of servings: 20

### **Ingredients:**

*3-3 ½ cups uncooked pinto beans*

*8 cups water*

*2 ounces lean Canadian bacon, cut*

*1 medium tomato, diced*

*1 package fresh or 10oz frozen spinach*

*Salt to taste*

*Pepper to taste*

### **Preparation:**

1. To a large crock-pot,\* add water, Canadian bacon, and beans. Cook on high for 2 ½ hours or on low for a minimum of 5-6 hours.
2. About 30 minutes before beans are ready, add remaining ingredients. Then cook for the remaining 30 minutes.

\*If you don't have a crockpot, you can cook beans over the stove (see Anita's "A la Charra").



### **Nutrition information per serving:**

FAT: 6% of calories from fat (low)

FIBER: 7.5 grams (high)

CALORIES: 107