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