

Pinto Bean Recipes

contributed by RoseAnn Linsley

The common ingredient of these recipes is pinto beans with pork chorizo. Here's how I made them.

** Beans with Chorizo**

Step 1:

- Empty 2 lb. dry beans on a tray or in a bowl. Pick through the beans and discard any shriveled or unappealing beans. Place cleaned beans in a colander and rinse.
- Place them in a dutch oven and fill with water until 1" from the rim. Cover the pot with the lid slightly ajar to allow steam to escape and simmer for 3 hours.
- Stir the beans after an hour: Stir the beans and add a little water as needed after another hour then continue checking for doneness through the 3rd hour.
- Be patient. Keep the beans at a gentle simmer and taste frequently as they start to become tender. Add more water as needed to keep the beans submerged and stir occasionally.
- Optional: Add salt when beans are just barely tender. When beans are tender but still too firm to enjoy eating, add the salt. Adding the salt too early can keep the beans from becoming tender.
- Continue simmering until the beans are as tender and
- creamy as you like them. I like them tender enough to
- crush them softly against the side wall of the dutch oven to thicken.

Step 2:

- In a large frying pan cook one (1) -12 oz. pkg of Reynaldo's Pork Chorizo. As it cooks, remove any gristle or fat.
- Stir so all areas get cooked and some get barely toasted. Watch your flame level so it doesn't burn.
- When most of the liquid fat has cooked away, move the meat toward the outside edges of the pan.
- In increments, begin adding beans to the center of the frying pan from your Dutch oven with a straining spoon. (holes in it)
- Smash them with your spoon then mix them with the chorizo toward the edges of the pan.
- Add more beans to the center until all the beans are in the frying pan and mixed thoroughly with the chorizo.
- If at any time they seem to dry and at risk to burn, add some of the bean broth from the Dutch oven.

(You can save the bean broth for a soup base or have a small bowl for lunch with a sprinkle of cheese)

Beans will keep for one week refrigerated or can be frozen for up to three months.

Tostadas

- Layer heated beans w/ chorizo on tostada shell

- Top with: Cheese (Colby, Monterrey Jack, Cheddar) tomato, lettuce , avocado & other veggies of choice.
- Finish with Salsa of choice

Burrito

- Toward one side of a heated white or corn tortilla place a line of heated beans
- Add ground beef, steak or chicken
- Optional: Rice
- And your choice of cheese, veggies, salsa

Breakfast Sandwich

- Cut English Muffin in ½ then toast or substitute a tortilla
- Spread heated beans w/ chorizo on bottom half
- Spread crushed avocado on top half
- Cook an egg the way you like it and place on beans
- Add salsa

Super Nachos

- Cook and stir ground beef in a skillet over medium heat until meat is crumbly and no longer pink, 5 to 10 minutes. Drain excess grease. Stir in taco seasoning mix and water and simmer until beef mixture has thickened, 8 to 10 minutes.
- Set the oven rack about 6 inches from the heat source and preheat the broiler. Line a baking sheet with aluminum foil.
- Spread tortilla chips on the prepared baking sheet; top with Cheddar cheese and dot with refried beans and ground beef mixture.
- Broil in the preheated oven until cheese is melted, watching carefully to prevent burning, 3 to 5 minutes.
- Top nachos with salsa, sour cream, black olives, green onions, and jalapeno peppers.

Cheesy Chicken Enchilada Dip

- 1 small can red enchilada sauce
- 1 chicken breast, cooked and shredded (rotisserie chicken or slow-cooked chicken will work great!)
- 1 cup pinto beans w/ chorizo
- 1 cup frozen yellow corn, thawed
- 2 tablespoons Old El Paso taco seasoning
- 1½ cups shredded mexican blend cheese (cheddar or jack cheese would work well too)
- ½ cup cilantro, roughly chopped
- tortilla chips for serving

Instructions

- Preheat oven to 400 degrees. Pour enchilada sauce into a casserole dish or shallow baking dish (a pie dish works well too). Add beans, corn, and shredded chicken. Sprinkle taco seasoning over whole dish. Top with cilantro, then shredded cheese.
- Bake 15-20 minutes until cheese is bubbly and begins to brown. Serve with tortilla chips.