## **INGREDIENTS**

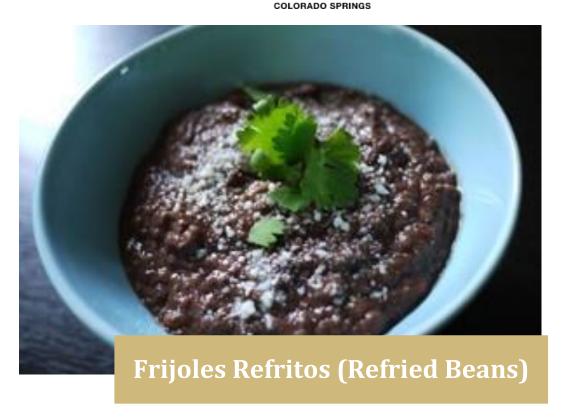
- ½ lb Pinto Beans, dried
- 3 cups Water
- 1/3 cup Onion, diced
- 7 cloves Garlic, minced
- 3 tbsp Olive Oil
- ½ tsp Salt
- 1 tsp Ground Cumin
- 1 tsp Ground Oregano

## **DIRECTIONS**

- 1. Sort and rinse beans. Place in a crockpot, cover with water and soak overnight for 8 hours.
- 2. Drain water from beans and rinse again.
- 3. Place back in crockpot and add water and salt. Cover and cook on low for 10 hours.
- 4. Reserving liquid, drain beans and place in bowl.
- 5. Heat oil in skillet and saute onions and garlic over medium heat until tender. Transfer to a blender.
- 6. Add salt, oregano, cumin, and blend until smooth.
- 7. Add cooked beans in batches to blender and blend until smooth. Add liquid if needed.
- Place blended beans on a skillet on medium heat. Stir well and gradually cook until beans reach desired consistency. Add liquid if needed.
- 9. Garnish with cilantro and/or Queso Fresco.

Developed by Sport Nutrition Alum Renata Altamirano-Garcia.





Dairy-Free | Gluten Free | High Protein | Vegetarian | Vegan

Yield: Prep Time: Cook Time: 6 Servings 8 Hrs 12 Hrs