

PINTO BEANS

Appalachian staple with corn bread and skillet greens

INGREDIENTS

1lb dried pinto beans,
rinsed and picked over
cold water to cover
beans by at least 2
inches
1 TBSP salt

DIRECTIONS

1. Rinse beans and pick them over.
2. Cover with at least 2 inches of water.
3. Put on stove on high heat until boiling.
4. Boil 5 minutes, then turn off heat and set the pot at the back of the stove for an hour.
5. Simmer covered over medium-low heat until done.
6. Serve with lot of topping and as much or little pot likker as you like.

NOTES

Good toppings include hot sauce, chow-chow, molasses, saurkraut, or really anything else you like.