

Mexican Pinto Beans



Ingredients, Mexican Pinto Beans:

- 1 lb dry pinto beans (2 ½ cups), soaked 6-12 hours, then drained
- 1 teaspoon salt
- 1–2 tablespoons olive oil
- 1 onion, diced
- 4 cloves garlic, rough chopped
- 1 cinnamon stick (optional)
- 1 dry Mexican guajillo chile, seeds removed, cut into small pieces
- 1 tablespoon cumin
- 1 tablespoon coriander
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 2 bay leaves (optional)
- 2 quarts water
- 1 tablespoon tomato paste (optional)
- ½ teaspoon salt
- ½ teaspoon vinegar
- 1 tablespoon adobo sauce (from canned chipotles)
- Small amount of sweet chocolate (optional)

Method:

1. Place pinto beans in a med bowl, and cover with 2-3 inches of water. Stir in 1-teaspoon salt and let soak overnight – or for a minimum of 6 hours. Drain.
2. After soaking: in a large pot, heat the oil over medium heat and sauté the onion and garlic until tender and fragrant, 4-5 minutes. Add the dried chili, cinnamon stick and all the spices. Sauté one minute to toast the spices. Add the water, tomato paste and drained beans. Stir in the ½ salt and bring to a rapid boil.
3. Lower heat to maintain a gentle simmer (on low or medium low) and simmer uncovered for 45-60 minutes, until beans are tender.
4. Stir in the tablespoon of chipotle adobo sauce and the vinegar.
5. Taste, adjusting salt if needed.