

Sausage and Pinto Beans

Courtesy of Auburn Interfaith Food Closet

Serves: 6 - 8

Prep Time: 15 min Cook Time: 2 ½ hours

Ingredients

- 2 cups dry pinto beans (~1 pound)
- 1 tablespoon vegetable oil
- 1 pound sausage (mild or spicy, based on preference)
- 4 medium carrots, scrubbed and diced (1 cup)
- 1 whole onion, diced (1 cup)
- 5 cups broth (or water)
- 4 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1 dried bay leaf
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt, to taste
- 1/2 teaspoon black pepper, to taste
- 1 cup (4 oz.) shredded cheese (optional)

Directions

1. Rinse pinto beans, removing broken beans and particles. Place in a large bowl with 6 cups water, bring to a boil in microwave oven on High (or bring to a boil in pan on stove). Remove from heat, cover and let sit for 15 minutes, then drain and rinse beans.
2. Meanwhile, cut sausage in 1/2-inch pieces. Heat oil in a large heavy pot, sauté sausage pieces on medium heat until browned, about 5 minutes.
3. Add onions and garlic to the pot, and cook until onions are translucent, about 8 minutes. Then add carrots and beans, cover with broth (or water) by 1 inch.
4. Add bay leaf, cumin and chili powder. Bring to a boil on medium high. Reduce heat to simmer, cover with lid, and cook until beans are tender, 1 ½ to 2 hours.
5. Add salt and pepper to taste. Remove bay leaf, sprinkle cheese on top, and serve hot.

