

## Simmered Beans

From U.S. Department of Agriculture

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simmered-beans>

### Ingredients

2 cups beans, dried pinto, black or pink (rinsed)  
8 cups water  
1 onion, chopped  
1 bay leaf  
¼ teaspoon salt

### Instructions

1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
4. Remove bay leaf and stir in salt. Cook 15 minutes longer.
5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

Makes 12 servings, half cup each.

### Nutrition information per serving

Calories: 118	Sodium: 56 mg
Total Fat: 1 g	Protein: 7 g
Saturated Fat: 0 g	Total Carbohydrates: 22 g
Trans Fat: --	Dietary Fiber: 7 g
Cholesterol: 0 mg	Total Sugars: 1 g