

Recipe – Pinto Beans

Ingredients:

- Pinto beans- either 2 15oz. cans or 1 pound dry
- ½ cup organic salsa
- 1 cup tomato sauce

Directions:

Soak beans over night with water to cver 1 inch

Boil till tender, 1 hour

Add salsa and tomato sauce

Simmer for 10 to 20 minutes