



Cowboy Beans

 **Gluten Free**  **Dairy Free**

READY IN



142 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 cloves garlic peeled
- 1 ham hock
- 1 jalapeño chile whole
- 2 cups pinto beans cleaned drained
- 4 ounces pork chorizo
- 6 servings salt and pepper black freshly ground
- 2 slices bacon thick-cut finely chopped

- 5 cups water
- 0.7 cup onion white finely chopped

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- pot
- slotted spoon

Directions

- Watch how to make this recipe.
- In a large saucepan, bring the soaked beans, ham hock, bay leaf, garlic, jalapeno, and 5 cups of water to a boil over high heat. Cover the pan, reduce the heat to medium and simmer for 2 hours or until beans are tender. If the beans absorb too much water, add 1 cup of water after 1 hour and continue cooking (Beans mixture should remain soupy while cooking). Turn off the heat.
- Cook the bacon in a large saute pan over medium-high heat until almost crisp, about 10 minutes.
- Add onion and cook for about 3 minutes or until translucent.
- Transfer bacon and onion mixture to the pot with the beans. Wipe pan clean. In same pan cook chorizo over medium heat until crisp, about 1 minutes. Using a slotted spoon, remove the chorizo and drain on paper towels.
- Add to the beans. Season lightly with salt, if necessary. Stir the beans over medium-high heat until heated through.
- Remove the bay leaf and ham hock and discard. Ladle into bowls and serve.
- Cook's Note: In place of soaking the beans, you can use 3 (15-ounce) cans rinsed and drained pinto beans. Proceed as above but reduce the cooking time to 1 hour.

Nutrition Facts

PROTEIN 25.5% FAT 49.83% CARBS 24.67%

Properties

Glycemic Index:24.08, Glycemic Load:2.85, Inflammation Score:-4, Nutrition Score:9.4886956940527%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 284.52kcal (14.23%), Fat: 15.69g (24.14%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 11.93g (4.34%), Sugar: 1.06g (1.18%), Cholesterol: 52.41mg (17.47%), Sodium: 172.34mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Folate: 103.08µg (25.77%), Fiber: 5.56g (22.23%), Vitamin B1: 0.29mg (19.58%), Manganese: 0.33mg (16.29%), Selenium: 10.91µg (15.59%), Vitamin B6: 0.29mg (14.26%), Phosphorus: 142.38mg (14.24%), Potassium: 469.68mg (13.42%), Iron: 1.95mg (10.84%), Magnesium: 38.2mg (9.55%), Copper: 0.18mg (9.19%), Zinc: 1.19mg (7.92%), Vitamin B3: 1.55mg (7.73%), Vitamin C: 5.15mg (6.24%), Vitamin B2: 0.1mg (5.75%), Calcium: 48.71mg (4.87%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.19µg (3.2%), Vitamin K: 2.69µg (2.56%)