



Cowboy Beans



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups pinto beans dried
- ☐ 1 Tbsp bacon fat
- ☐ 1 Tbsp vegetable oil (if not using the bacon fat, use 2 Tbsp vegetable oil)
- ☐ 1 medium onion yellow chopped
- ☐ 5 garlic cloves minced
- ☐ 1 ham shank smoked
- ☐ 2 cups water
- ☐ 2 cups hot-brewed coffee black

- ☐ 1.5 cups tomato-based barbecue sauce
- ☐ 0.3 cup jalapeño peppers chopped
- ☐ 0.3 cup onion red chopped for garnish
- ☐ 8 servings salt to taste

Equipment

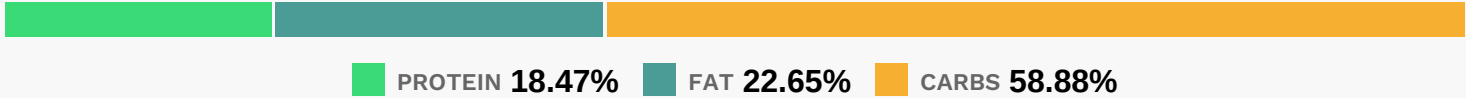
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place the beans in a large pot and cover with a couple inches of water. Soak the beans overnight and then drain. Alternatively, bring a pot with the beans covered with 2 inches of water to a boil, remove from heat and let soak for a hour, then drain.
- ☐ Heat the bacon fat and the vegetable oil in a Dutch oven or other heavy-bottomed lidded pot over medium-high heat.
- ☐ Add the onion and sauté for 3 minutes, stirring often, until translucent and just beginning to brown.
- ☐ Add the garlic and sauté another 1-2 minutes.
- ☐ Add beans, ham hock water, salt, coffee to the onions, simmer:
- ☐ Add the drained beans into the pot with the onions.
- ☐ Add the ham hock, the water, a little salt, and the coffee.
- ☐ Stir and bring to a simmer. Cook this way for 50-60 minutes or longer. (Some beans may take longer to cook, especially if they are older.) The beans should be edible, but still just a little firm (not mushy soft).
- ☐ Add BBQ sauce, simmer:
- ☐ Add the barbecue sauce and stir to combine. Cover and simmer on low heat until the meat from the ham hock begins to separate from the bone, up to 2 hours.
- ☐ Check on everything from time to time. If the beans begin to break down, pull the ham hock and strip the meat from the bone.
- ☐ The acid from the barbecue sauce should help the beans hold their shape.
- ☐ Add salt to taste.

- ☐
- Add pickled jalapeños or some Tabasco to taste for some heat.
- ☐
- Serve with a little grated cheese and chopped red onion on top.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:16.330869416828%

Flavonoids

Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 372.12kcal (18.61%), Fat: 9.34g (14.37%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 46.2g (16.8%), Sugar: 19.73g (21.92%), Cholesterol: 24.83mg (8.27%), Sodium: 883.9mg (38.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 17.14g (34.28%), Folate: 259.78µg (64.95%), Manganese: 0.7mg (34.8%), Fiber: 8.43g (33.72%), Potassium: 946.69mg (27.05%), Vitamin B1: 0.38mg (25.26%), Copper: 0.5mg (24.97%), Magnesium: 97.25mg (24.31%), Phosphorus: 219.88mg (21.99%), Selenium: 14.54µg (20.77%), Iron: 3.29mg (18.29%), Vitamin B6: 0.32mg (16.17%), Vitamin B2: 0.19mg (10.95%), Calcium: 88.23mg (8.82%), Zinc: 1.28mg (8.53%), Vitamin K: 7.51µg (7.15%), Vitamin C: 5.76mg (6.98%), Vitamin B5: 0.67mg (6.69%), Vitamin B3: 1.05mg (5.26%), Vitamin E: 0.72mg (4.8%), Vitamin A: 192.91IU (3.86%)