



Slow Cooker Ranch-Style Pinto Beans

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

READY IN



985 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chili powder
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon chili powder
- 1 teaspoon apple cider vinegar
- 1 teaspoon t brown sugar dark packed
- 1 pound pinto beans dried
- 3 medium garlic clove finely chopped
- 1 teaspoon ground cumin

- 1 jalapeno stemmed finely chopped
- 1 tablespoon kosher salt as needed plus more
- 3 cups beef broth low-sodium
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 1 pork hock smoked
- 1 cup tomato sauce
- 1 medium onion white

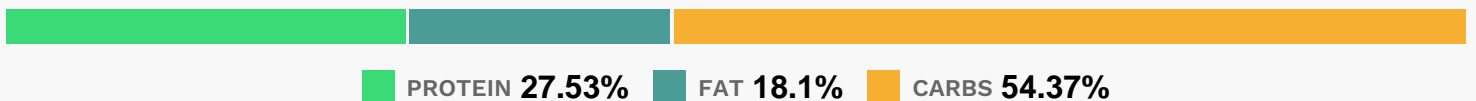
Equipment

- bowl
- slow cooker
- colander
- cutting board

Directions

- Place the beans in a large bowl and pick through them, discarding any broken beans or stones. Cover the beans with at least 3 inches of cold water and allow them to soak uncovered at room temperature for at least 8 hours.
- Drain in a colander and place in a 3-quart or larger slow cooker.
- Add the remaining measured ingredients except the ham hock and stir until combined. Nestle the ham hock in the center of the mixture at the bottom of the slow cooker. Cover and cook until the beans are tender and the liquid has thickened slightly, about 6 hours on high or 7 to 8 hours on low. Taste and season with salt and pepper as needed. If desired, remove the ham hock to a cutting board. When it's cool enough to handle, remove the meat from the bone (discard the skin and bone), shred it into bite-sized pieces, and stir it back into the beans.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:15.16, Inflammation Score:-9, Nutrition Score:25.687826260276%

Flavonoids

Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 393.26kcal (19.66%), Fat: 7.97g (12.26%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 53.85g (17.95%), Net Carbohydrates: 40.27g (14.64%), Sugar: 4.76g (5.29%), Cholesterol: 30.88mg (10.29%), Sodium: 1685.67mg (73.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.55%), Folate: 405.82µg (101.45%), Fiber: 13.58g (54.33%), Manganese: 1.04mg (52.12%), Potassium: 1609.03mg (45.97%), Copper: 0.76mg (38.06%), Vitamin B1: 0.57mg (37.93%), Magnesium: 146.9mg (36.73%), Phosphorus: 338.27mg (33.83%), Selenium: 22.06µg (31.51%), Iron: 5.43mg (30.15%), Vitamin B6: 0.49mg (24.74%), Vitamin A: 868.79IU (17.38%), Vitamin C: 12.26mg (14.86%), Zinc: 1.98mg (13.18%), Vitamin B2: 0.22mg (12.77%), Calcium: 118.12mg (11.81%), Vitamin E: 1.61mg (10.74%), Vitamin K: 9.26µg (8.82%), Vitamin B3: 1.61mg (8.03%), Vitamin B5: 0.79mg (7.86%)