

# Download Country Beans How To Cook Dry Beans In Only 3 Minutes

How to Cook Pinto Beans. Pinto beans are an excellent dish that can be served on its own, or used as an ingredient in a dip, soup, or quesadilla. They're cheap and easy to cook, although dried beans require quite a bit of time to prepare...Notes. Some cooks also add pork rinds in small pieces to their Charro Bean soup. \*\*

Cooking the beans: To cook the beans place 2 cups of dry beans, 1/4 of a medium white onion, 2 peeled garlic cloves and 8 cups of water in a large pot. Whoa! I went a bit heavy on the cayenne pepper, but man, this sure was a good and easy recipe for black beans! And best of all is it's vegan, so when one of my vegan friends show up I'll be able to whip up something good and healthy with simple staple items. Research on black bean carbohydrates keeps expanding the list of health benefits provided by this legume for our digestive tract. Some much-deserved attention here has been focused on resistant starch. Over 70% of the calories in black beans come from carbs, and most of these carbs consist of starch ...