

Pinto Beans and Rice in a Crock Pot (Or on Stove Top)



Ingredients:

Servings:

crock pot

The ingredient amounts have been scaled to the new serving size. Any ingredient amounts, cooking times, and/or temperatures referenced in the directions still refer to the original serving size.

- 1 (10 lb) bags [dried pinto bean](#)
- 3 1/3 cups picante sauce
- 25 teaspoons [salt](#)
- 5 teaspoons [pepper](#)

- 10 teaspoons [garlic powder](#)
- 10 tablespoons [garlic](#), minced (kind in jar is okay)
- 10 tablespoons [chili powder](#)
- 5 teaspoons [cumin](#)
- 5 teaspoons [oregano](#)
- 30 [bay leaves](#)
- 10 cups [cooked white rice](#)

Change Measurements: [US](#) | [Metric](#)

Directions:

Prep Time: 5 mins

Total Time: 3 1/4 hrs

1. 1 Rinse beans in colander.
2. 2 Put in a crock pot (or large pot).
3. 3 Cover with water, plus about 2 inches over top of beans.
4. 4 Add all ingredients, except rice.
5. 5 Cook on high in crock pot about 3 hours til tender. (Crockpots vary greatly on cooking times. It could take much longer in yours, so the first time allow longer to cook and then you will know how long cooking time will be in the future.).
6. 6 (Add water if necessary) May also cook on low overnight.
7. 7 Add rice and cook until rice is warm.
8. 8 Serve with cornbread.

1. ? **Have a question about this recipe?** [Ask the community.](#)

Ingredients:

Servings:

2

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crock pot

The ingredient amounts have been scaled to the new serving size. Any ingredient amounts, cooking times, and/or temperatures referenced in the directions still refer to the original serving size.

- 1 (2 lb) bags [dried pinto bean](#)
- 2/3 cup picante sauce
- 5 teaspoons [salt](#)
- 1 teaspoon [pepper](#)
- 2 teaspoons [garlic powder](#)
- 2 tablespoons [garlic](#), minced (kind in jar is okay)
- 2 tablespoons [chili powder](#)
- 1 teaspoon [cumin](#)
- 1 teaspoon [oregano](#)
- 6 [bay leaves](#)
- 2 cups [cooked white rice](#)

Change Measurements: [US](#) | [Metric](#)

Directions:

Prep Time: 5 mins

Total Time: 3 1/4 hrs

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4. 4 Add all ingredients, except rice.
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6. 6 (Add water if necessary) May also cook on low overnight.
7. 7 Add rice and cook until rice is warm.
8. 8 Serve with cornbread.

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<http://allrecipes.com/Recipe/pinto-bean-chili/Detail.aspx>

Pinto Bean Chili

Servings [\(Help\)](#)

10   Metric Calculate

Original Recipe Yield 8 servings

Ingredients

- 1-1/4 pounds dried pinto beans
- 2-1/2 pounds ground beef
- 2 medium onion, chopped
- 4 celery ribs, chopped
- 3 tablespoons and 2-1/4 teaspoons all-purpose flour
- 5 cups water
- 2 tablespoons and 1-1/2 teaspoons chili powder
- 2 tablespoons and 1-1/2 teaspoons ground cumin
- 1/2 teaspoon sugar
- 2 (28 ounce) cans crushed tomatoes
- 2-1/2 teaspoons cider vinegar
- 1-3/4 teaspoons salt
- CHILI CHEESE QUESADILLAS:
- 3 (4 ounce) cans chopped green chilies
- 15 (6 inch) flour tortillas
- 3-3/4 cups shredded Cheddar cheese
- 1 tablespoon and 3/4 teaspoon vegetable oil

Directions

This recipe's Ingredients were scaled to yield a new amount. The directions below still refer to the original recipe yield of 8 servings.

1. Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding liquid.
2. In a Dutch oven, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. Stir in flour until blended. Gradually stir in water. Add the beans, chili powder, cumin and sugar. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Stir in the tomatoes, vinegar and salt; heat through, stirring occasionally.
3. Meanwhile, for quesadillas, spread about 1 tablespoon of chilies on half of each tortilla. Sprinkle with 1/4 cup of cheese; fold in half. In a large skillet, cook tortillas in

1 teaspoon of oil over medium heat until lightly browned on each side, adding more oil as needed. Cut each in half. Serve with chili.

Easy Chili Recipe

Ground beef 1 1/2 pounds
Green bell pepper, chopped 1/2 cup
Red bell pepper, chopped 1/2 cup
Diced tomatoes 1 can
Red kidney beans (drained) 2 cans
Onions, medium, chopped 2
Garlic, minced 4 cloves
Garlic powder 2 tsp
chili powder 7 tbsp
Olive oil 1 tbsp
Black pepper, ground 1 tsp
Cumin, ground 3 tbsp
Hot pepper sauce 1 tsp
6 oz beer 1/2 can
Worcestershire sauce 1tbsp
Tomato sauce 1can
Salt

In a large pot, cook ground beef in olive oil along with onion, garlic, salt and pepper, cook until beef browns. Use a spatula to split the meat while you cook. Drain the fat. Add bell peppers, onion powder, garlic powder, chili powder and hot pepper sauce. Cook on low heat for 3 minutes, stir continuously while cooking. Add the remaining ingredients and bring to a boil. Allow to cook for 15 minutes, turn off heat, set aside to cool. Serve with chopped onions and grated cheese.

Diet chili recipe to suit Atkin's diet

Sirloin, ground 2 lbs
Diced tomatoes (sugar-free) 1, 16oz can
Chicken broth (sugar-free) 2 cups
Chili powder
Medium sized jalapenos, minced 2
Large garlic cloves, minced 6
Large onion, chopped 1

Pepper to taste
Olive oil 1 tbsp
Salt ½ tsp

Over medium heat, heat oil in a heavy saucepan. Add onions and garlic, cook until onions become translucent. Stir in the ground sirloin and cook until it gets brown. Use a spatula to break the meat while cooking. Add jalapenos, chili powder, pepper and salt to the meat and onions. Add diced tomatoes and chicken broth. Reduce heat to low and cook for 1 1/2 hours.

Crockpot Chili Recipe

Kidney beans, drained 2 cans
Bell pepper 1, diced
Beef, ground 2 pounds
Large onion 1
Red pepper 1, diced
Diced tomatoes 2 cans
Jalapenos, diced ¼ cup
Raw pinto beans 1 1/2 cups
Fresh garlic, minced 2 tbsp
Chili powder 2 tbsp
Tabasco
Pepper
Cumin

Soak raw pinto beans in water overnight. Next morning, boil the pinto beans in a pot. Reduce the heat and cook for about 90 minutes. Stir in all the ingredients into the crockpot and cook on high flame for one hour. Reduce the heat and on low heat cook for about 5-6 hours. Serve with sourdough bread.

Vegetarian chili recipe

Green pepper 1
Celery few stalks
Red kidney beans 1 can
Stewed tomatoes 1 can
Onion 1
Chili beans 1 can
Garlic 1 clove
Tomato sauce 1 can
Chili powder

Low-fat extra firm tofu cut into 1/2 inch cubes

In a large pan, sauté pepper, celery, onion and garlic using water or vegetable stock. Stir in all the canned items, add the tofu too. Bring to a slow boil, cover the lid and cook on low heat for about 45 minutes.

<http://www.targetwoman.com/articles/easy-chili-recipes.html>

Easy Southern Sausage, Beans, and Rice



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Easy Southern Sausage, Beans, and Rice

Serves 4

Traditionally, smoked or fresh southern pork sausage, known as Andouille, is the centerpiece of this Cajun-inspired dish. Pinto beans, onions and green peppers get a kick from fire roasted tomatoes and green chiles in this deceptively simple yet filling meal.

Ingredients

1 tablespoon olive oil
3/4 pound fresh or smoked andouille pork sausage links
1 medium green bell pepper, cored, seeded, and chopped
1 medium yellow onion, chopped
1 teaspoon dried thyme
1 dried bay leaf
1 (14.5-ounce) can fire roasted diced tomatoes with green chiles
1 (15-ounce) can pinto beans, undrained
Salt and pepper to taste
4 cups cooked white or brown rice

Method

Heat oil in a large skillet over medium heat. Add sausage and cover skillet. Cook, turning sausage occasionally, until browned on all sides, about 10 minutes. Transfer sausage to a large plate, set aside until cool enough to handle, then cut into 1/2-inch slices.

Add peppers and onions to the hot skillet. Increase heat to medium high, add thyme and bay leaf and cook, scraping up any browned bits, until vegetables are golden brown and just softened, about 5 minutes.

Add tomatoes with their liquid, then fill the empty can with water and add to the skillet, too. Stir in beans, salt and pepper, and reserved sausage, reduce heat to medium and simmer until flavors are developed, about 20 minutes. Remove and discard bay leaf and serve sausage and beans spooned over rice, with a piece of cornbread on the side, if you like.

Nutrition

Per serving (about 19oz/542g-wt.): 680 calories (280 from fat), 31g total fat, 10g saturated fat, 65mg cholesterol, 1010mg sodium, 79g total carbohydrate (8g dietary fiber, 7g sugar), 22g protein

<http://www.wholefoodsmarket.com/recipes/1114>

Tags: [One Pot Meals](#), [Cajun/Creole](#), [American](#), [Gluten Free](#), [Dairy Free](#), [Wheat Free](#)

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#).

<http://www.wholefoodsmarket.com/recipes/1114>