Southwestern Pinto Beans (quick)

Grocery List

* 528 ml can Pinto Beans packed in water with onion and peppers
* 2 Tbsp. Unsalted Butter
* 1 Red Bell Pepper, diced
* 1 Yellow Bell Pepper, diced
* 1 Jalapeno, seeded and diced
* 1 small Red Onion, diced
* 2 Green Onions, sliced
* 2 cloves Garlic, chopped
* Sea Salt / Black Pepper



Prep Time: 10 Min

Cook Time: 30 + Min

1. In a medium sized sauce pan, melt the butter on medium. Add the garlic and fry 2 – 3 minutes stirring often.
2. Stir in all the rest of the diced veg and season with a good pinch of sea salt / black pepper. Continue frying another 5 minutes stirring often.
3. Pour in the can of beans including the liquid. Stir and allow the beans to come to a boil. Reduce heat to low and cover. Simmer at least 20 minutes (until all veg are tender) before serving. The longer they cook the better!
4. Taste and adjust salt and pepper if necessary.