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**FOOD FORUM**  
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*Dorothy Johnson*  
**Ways to cook Pinto Beans**

Pinto Beans have been grown in the Southwest for centuries. They probably were introduced by the early Spanish missionaries, who brought them from tropical America.

Pinto is a Spanish word meaning spotted and the beans received their name because of the dark, irregular splotches that are distributed over a cream colored background. Frequently, people refer to pinto beans as "frijoles."

Beans (frijoles) are an excellent food. They are important in the diet, easy on the budget, and easy to store. They are a nutritious food, and provide energy as well as many important nutrients for the body. One serving of cooked beans furnishes 153 calories for energy.

Next to meat, egg, milk, and cheese, dried beans especially soybeans—top the list as body builders. That's why dry beans take first place when animal fats are scarce.

Beans are rich in iron and are a reliable source of calcium. Even the current prices, beans are easy on your food budget, also dry beans are easily stored.

**BAKED PINTO BEANS**

- 1 lb. pinto beans
- 6 cups water
- 3 tbsp. brown sugar or molasses
- 1 can tomatoes
- 1/2 lb. lean bacon, fresh side pork, or ham trimmings
- 1/8 tsp. of oregano (crushed)
- 1/2 cup chopped onions
- 1 tsp. salt

Cook beans in water. Fry onions, browning them lightly in fat. Place cooked pinto beans in casserole. Add onions, brown sugar or molasses, canned tomatoes, salt, pepper, oregano, and meat seasoning. Bake covered in 325 degree oven for 30 minutes. Finish baking without cover to brown.

**RED FLANNEL STEW**

- 2 tbsp. cooking fat
- 1 large onion(chopped)
- 2 cups cooked pinto beans or frijoles
- 1 (12 oz.) can corned beef
- 1 can tomatoes or tomato sauce
- 1/2 lb. cheddar cheese
- chile powder
- corn tortillas

Brown chopped onion in cooking fat. Add cooked beans (1 cup) and mash into a paste. Add remaining beans, meat, chili powder and tomatoes. Heat. Add cubes of cheese. Heat to melt. Serve on fried tortillas or use stew in place of beans for a chili burro.

**CHILE TEXAS STYLE WITH PINTO BEANS**

- 3 lbs. lean beef
- 1/2 cup olive oil
- 1 quart water
- 4 dry red chili pepper pods
- 3 tbsp. chili powder
- 1 clove minced garlic
- 3 tsp. salt
- 1 tsp. oregano
- 1 tsp. red pepper
- 1/2 tsp. black pepper
- 3 tbsp. paprika
- 6 tbsp. cornmeal or masa
- 6 cups cooked pinto beans

Brown 1 inch cubes of meat in olive oil until gray, not brown; turn frequently. Add one qt. water; cover and simmer 1-1/2 to 2 hrs. do not boil; or place in covered dish in 325 degree oven for approximately 2 hrs. Add all ingredients but the thickening and cook 30 minutes to blend herbs. Skim off red fat if too much. Mix flour and cornmeal with water and add to mixture. Cook 5 minutes. Stirring constantly. Place cooked pinto beans in warm bowl and cover with chili. Never cook beans with chili. Serve with finely chopped onion and crackers.

HOPPING JOHN

- 2 cups cooked beans
- 1 cup cooked rice
- 1/2 cup diced salt pork
- 1 onion (chopped)
- pepper and salt

Brown diced salt pork until crisp. Remove pork and saute chopped onions until yellow. Add cooked rice, cooked beans and salt pork mix to blend.

**BEANS, CARROT AND CABBAGE SALAD**

- 2 cups cooked beans (cold)
- 1/2 cup coarsley shredded carrots
- 1/2 cup shredded cabbage
- 1 small onion grated
- 1/4 cup pickle relish
- salt
- 1/3 cup French Dressing

Combine ingredients and mix lightly. Serve very cold.

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