

Charro Beans

Ingredients

- 1/3 cup diced onions
- 1/2 teaspoon minced garlic
- 1/2 teaspoon olive oil
- 2 - 2 1/2 cups cooked pinto beans (fresh or if canned, choose low sodium and rinse well)
- 1 1/2 cup vegetable stock
- Pinch ground oregano
- 3 tablespoons diced green chili
- 1/3 cup diced tomato
- 1-2 tablespoon(s) chopped cilantro
- 1/2 - 3/4 teaspoon salt, or to taste
- 1/4 teaspoon black pepper



Instructions

1. In a medium saucepan, sauté onions and garlic in olive oil over medium heat until onions are translucent.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 15 minutes or until liquid has reduced by $\frac{3}{4}$, or as desired.



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Adapted from:
<https://www.canyonranch.com/blog/recipes/charro-beans/>