

Cowboy Beans

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2 ounces chorizo, diced
olive oil
1/2 onion, diced
1/2 jalapeno, seeded and diced
1 teaspoon dried oregano
1 teaspoon chili powder
1 teaspoon garlic, minced
1 tomato, chopped
1 can (15 oz) pinto beans, undrained
3/4 cup water
salt (to taste)
pepper (to taste)
hot pepper sauce (to taste)

In a skillet, brown the chorizo in the olive oil.

Add the onion and cook for 4 minutes.

Stir in the jalapeno, oregano, chili powder, garlic and tomato. Cook for 1 minute.

Add the pinto beans and water. Simmer for 15 minutes.

Season, to taste, with the salt, pepper and hot sauce.

Per Serving (excluding unknown items): 980 Calories; 25g Fat (22.5% calories from fat); 56g Protein; 138g Carbohydrate; 51g Dietary Fiber; 50mg Cholesterol; 764mg Sodium. Exchanges: 8 1/2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 3 1/2 Fat.