

Bone Beans (crockery slow-cooker)

Ingredients

- 1 ham bone, leftover
- 1 lb pinto beans, dried

Instructions

Rinse and sort pinto beans. Place in large bowl and add water until beans are covered 3 inches deep. Soak overnight.

Next morning, place ham bone and soaked, drained beans in crockery slow-cooker; add water to cover.

Cook on High for 6 to 8 hours, until beans are tender and meat has separated from bone.

Carefully remove ham bones and fat, returning slivers of meat to beans; season to taste with pepper and salt.

To freeze: place bone beans in freezer

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containers. Freeze.

To prepare: thaw beans completely before heating.
Heat in saucepan over medium heat until hot. Serve
with cornbread and green salad.