

Crock Pot Southern Pinto Beans and Ham Hocks

Ingredients

3 cups dry pinto beans sorted and washed

1 large ham hock or substitute

½ large white onion

¼ tsp. cumin

½ tsp. chili powder

1 tablespoon jalapeño

¼ tsp. cayenne

1 tablespoon Frank's Hot Sauce

3-4 cloves minced garlic

1 tsp Mrs. Dash OR 2 tsp Seasoning Salt

1/2 tsp ground black pepper

8 Cups Water

* Chopped green onions for garnishing optional

Instructions

After sorting and washing the beans, put them in the crock pot.

Add in the onions, garlic, and ham hock (or substitution).

Pour in the water, then sprinkle in the seasonings.

Cover the Crock Pot, then set in on high for 6 hours.

Once the beans are done, serve them over rice.

Garnish with green onions (optional).

Enjoy!

Source: <https://iheartrecipes.com/southern-pinto-beans-and-ham-hocks-made-in-the-crock-pot/>