

Southern Crock Pot Pinto Beans With Ham Hocks

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-crock-pot-recipe>

Ingredients:

- 1 pound dried pinto beans
- 1 smoked ham hock large, or 2 small hocks
- 2 bay leaves
- 1 teaspoon crushed red pepper flakes
- 6 cups water
- kosher salt
- freshly ground black pepper

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 3 grams
3. Protein: 1 grams
4. Sodium: 160 milligrams

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