

Mexican Pinto Beans From Scratch (1 Pot)

Yield: 5 min

Total Time: 435 min

Recipe from: <https://www.recipeschoose.com/recipes/chipotle-mexican-grill-copycat-pinto-beans-recipe>

Ingredients:

- 1 pound pinto beans *, soaked overnight in cool water, or for at least 6 hours
- 1 tablespoon olive oil
- 1/2 white onion diced, 55 g
- 3 cloves garlic minced, 1 1/2 Tbsp or 9 g
- 1 pinch sea salt each, + black pepper, plus more to taste
- 1 vegetable quality, bullion, or 1 cup, 240 ml vegetable broth
- 1 chipotle pepper in adobo sauce minced, plus 1 tsp adobo sauce, plus more to taste
- 1/2 cup diced tomatoes and green chilies I used Muir Glen fire roasted tomatoes with green chilies
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/4 teaspoon ground cinnamon optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. Sodium: 125 milligrams
7. Sugar: 1 grams

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