

Frijoles Rancheros

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/frijoles-rancheros-mexican-recipe>

Ingredients:

- 2 cups dried pinto beans or any other variety dense meaty bean
- 1 onion diced
- 5 pieces bacon sliced
- 1/2 cup cilantro packed
- 3 cloves garlic
- 1 ham hock or brisket, optional
- salt to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 25 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 5 grams
8. Sodium: 550 milligrams
9. Sugar: 1 grams

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