

# Slow-cooker Frijoles De La Olla

Yield: 9 min  
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-neck-bones-recipe-mexican>

## Ingredients:

- 2 cups chicken broth substitute with vegetable broth for a vegetarian version
- 4 cups boiling water
- 1/2 white onion sliced 1/4 inch-thick
- 1 chile guajillo
- 1/2 garlic a small head of, about 4-6 cloves
- 1/2 teaspoon ground cumin
- 3 pork neck bones leave these out for a vegetarian version
- 2 1/2 teaspoons kosher salt to be added in last 45 minutes of cooking

## Nutrition:

1. Calories: 10 calories
2. Carbohydrate: 1 grams
3. Fat: 0.5 grams
4. Protein: 1 grams
5. Sodium: 690 milligrams

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