

Southern Ham and Brown Beans

Yield: 8 min
Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-pinto-beans-and-ham-hocks-recipe-brown>

Ingredients:

- 1 pound pinto beans
- 8 cups water
- 1 ham hock large, meaty
- 1 onion large, chopped
- 2 cloves garlic minced
- 1 teaspoon chili powder
- 1 teaspoon salt or to taste
- 1/4 teaspoon ground black pepper or to taste

Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 4 grams
3. Protein: 1 grams
4. Sodium: 340 milligrams
5. Sugar: 1 grams

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