

Southern Pinto Beans and Hamhocks Made in the Crock Pot

Yield: 4 min
Total Time: 380 min

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

Ingredients:

- 3 cups pinto beans sorted and washed
- 1 ham hock large, or substitute
- 1 yellow onion medium sized, diced
- 1 tablespoon minced garlic
- 1 tablespoon Mrs. Dash OR 2 tsp Seasoning Salt
- 1/2 teaspoon ground black pepper
- 7 cups water
- green onions * Chopped, for garnishing optional

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fiber: 1 grams
4. Protein: 4 grams
5. Sodium: 115 milligrams
6. Sugar: 1 grams

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