Beans

Colorado produces a wide range of bean varieties including pinto, light red kidney and black, and the state ranks eighth nationally in dry bean production.

Tips & Nutrition

Beans are fat free, high in fiber, rich in antioxidants and are a good source of protein.

Fresh Inspirations...

Pinto Bean and Ham Soup

Ingredients

- 4 Slices Thick Cut Applewood Bacon, diced
- 2 Cups Ham, diced
- 1/2 Cup Carrots, peeled and diced
- 1/2 Cup Celery, diced
- 1/2 Cup Red Onion, diced
- 1 Tbsp. Garlic, minced
- 1-1/2 Tbsp. All Purpose Seasoning
- 1 Tsp. Black Ground Pepper
- 2 Bay Leaves
- 2 Sprigs Fresh Thyme
- 3 Cans Pinto Beans, drained (do not rinse)
- 2 Quarts Chicken Stock

Directions

Heat a large cast iron dutch oven on your stove top on high heat for 5 minutes. Add the diced bacon and cook until bacon is half cooked. Add the ham, carrots, celery and onions and cook for 5 minutes. Add the garlic, seasoning, pepper, bay leaves and thyme, mix well then cook for 5 minutes. Add the beans and stock and mix well. Bring to a boil and reduce to a simmer. Place the cover on the dutch oven and simmer for 20-25 minutes. Adjust the seasoning as needed. Using an immersion blender, blend the soup until half of the mixture is blended. If soup is too thin, cook uncovered for 5 minutes at medium heat to reduce. If soup is too thick, add more stock as needed to get desired thickness.

Enjoy with a glass of Colorado wine such as Dry Riesling from Plum Creek Cellars in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert