



Ingredients

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| 1 lb Dry Pinto Beans | 3 tsp. Cumin |
| 1 peeled and quartered Onion | 3 tsp. Cayenne |
| 1, cut top off and quartered Jalapeno | 3 tsp. Chili Powder |
| 2 Tbsp. (minced) Garlic | 3 tsp. Nutritional Yeast |
| 3 tsp. or to taste Salt & Peper | 3 tsp. Tumeric |

Directions

- 1 Place all the ingredients in a large slow cooker. I have this 6 quart slow cooker, but I wouldn't use anything smaller than a 4 quart.
- 2 Cook on high for 8 hours if using dry or soaked beans. Cook on high for 4 hours if using canned beans.
- 3 Place a colander over a stock pot and drain as much water as you can from the beans.
- 4 Using an immersion blender (or potato masher, or alternating in a blender), mash the beans until they reach your desired consistency, using some of the cooking water to help thin. Remember that you can always add more water to thin, but you cannot make them thicker again.
- 5 Serve hot, or prepare for storage.