



BLUE ZONES PROJECT
by sharecare

RECIPES



POWERED BY:



PISCAH
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Pinto Beans in pot likker

PINTO BEANS ARE A COMMON DISH IN THE SOUTHERN APPALACHIAN MOUNTAINS. SOME REFER TO IT AS PINTO BEANS IN A POT LIKKER. DEFINITION OF POT LIKKER - THE LIQUID IN WHICH VEGETABLES OR MEAT HAVE BE COOKED.

Ingredients

- 1 lb pinto beans, sorted, rinsed and soaked overnight in water
- 1 onion, minced
- 1 carrot, minced
- 1 celery, minced
- 1 tsp olive oil
- Salt & pepper to taste

Directions

Drain pinto beans and set aside.

In a large pot, saute onion, carrot and celery in olive oil, until onions are translucent.

Add pinto beans and water to cover by 2 inches. Bring to a boil, lower heat and simmer for 2 hours, or until beans are soft.

You may need to add more water.

Recipe source: Katina Hansen, owner Blue Ridge Bakery