

Name Tamara Larsen

Recipe **Yummy in the Tummy Beans**

Type Main Dishes

Instructions Recipe from the kitchen of Tamara Larsen

An absolute favorite of Dallin, Clark and Sophia

Dallin was asked at school to submit a recipe and he wanted this recipe in which he has named.

Serves: Plenty

4 c. dry pinto beans

2-3 T. Knorr Select Chicken flavor base

1 c. chopped onions (I use dehydrated onions)

1 T. fresh chopped garlic

1 T. ground cuminchives

1 T. lemon juicecooked rice to serve with beans

1/4 c. chopped mild green chilis (small can, but fresh is better)

1) 16 Oz. package Hillshire Farm Litâ€™™ Polskas

Fresh cilantro

cheddar cheese

sour cream

lemon pepper

Cover the beans with water, add a dash of salt and let soak overnight. In the morning, drain water, rinse and replace with water and broth to cover the beans. Add onions, garlic, cumin, lemon juice, chilis, salt and pepper to taste. Cook in crock pot on high for 5 hours. After beans have cooked and softened add sausage and cook on low for at least 3 more hours, it can be longer which is nice if youâ€™™ be home late. Cook 1- 1/2 c. rice and place in individual bowls and top with beans and broth. Then garnish with cilantro, cheese, sour cream, lemon pepper, and chives. Donâ€™™t forget to serve with hot melt in your mouth bread.