

Beans a la Charra (Charro Beans)

Makes: 100 Servings

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Ingredients	Weight	Measure
Pinto beans, dried	9 lb	
Water		4 gal
Turkey ham	1 lb 5 oz	
Garlic, granulated		2 Tbsp 2 tsp
Salt		2 Tbsp 2 tsp
Black pepper		1 Tbsp 1 tsp
Onions, chopped		1 1/3 cups
Tomatoes, fresh, chopped	2 lb 11 oz	
Cilantro, fresh, chopped		1 1/3 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	153	
Total Fat	0.82 g	
Protein	9.89 g	
Carbohydrates	26.63 g	
Dietary Fiber	6.56 g	
Saturated Fat	NA	
Sodium	266 mg	

Directions

1. Clean and wash beans a day prior to serving. Overnight method: Add 1 3/4 quart cold water for every pound of dry beans. Cover. Let stand overnight in the refrigerator. Drain beans. Boil water (from ingredient list) and add drained beans. Simmer for approximately 30 minutes. (continue with step 2) Quick method: Boil 1 1/4 quarts of water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 to 4 hours. Drain. Boil water (from ingredient list) and add

beans (continue with step 2).

2. Add turkey ham, garlic, salt, and black pepper to beans and water. Simmer for approximately 1 to 1 1/2 hours. Do not overcook beans.

3. Add chopped onions, tomatoes, and cilantro to the beans and cook for approximately 30 minutes.

4. Place beans in steam table pans. Cover with plastic film and place in warmers until serving time.