



FarmFresh

Recipes

March 2019

Available Now...

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 low in fat, high in fiber, rich in antioxidants and a good source of protein.



Fresh Inspirations...

Campfire Beans

Ingredients

- 3/4 lb. Thick Applewood Bacon, cut into 3/4" strips
- 1 Cup Sweet Yellow Onion, diced
- 1 Tsp. Fresh Garlic, crushed
- 2 lbs. Andouille Sausage, cooked and cut into 1/2" slices
- 5 (15 oz.) Cans Pinto Beans, drained and rinsed
- 3 Tbsp. Cajun Seasoning
- 2 Tbsp. Cumin
- 2 Tbsp. Chili Powder
- 1 Tbsp. Worcestershire Sauce
- 3 Tbsp. Apple Cider
- 1/2 Cup Dark Brown Sugar
- 2 Cups Tomato Sauce
- 1 Cup Beef Stock

Directions

Heat a large Dutch oven (8 quart or larger) over high heat for 7-10 minutes. Add the bacon and onions and sauté until bacon is browned and onions are caramelized about 50%. Cook for 5-7 minutes then add the remaining ingredients to the Dutch oven and mix well. Tilt the cover (approximately 25% open) and adjust heat to simmer. Simmer for 1 hour, slowly remove cover and stir to mix. Taste and adjust seasoning as needed. Tilt the cover and let cook for another hour or more depending on preference. Remove from heat when finished and let rest for 10 minutes. Serve with a steak, grilled chicken or pulled pork.

Enjoy with a glass of Colorado wine such as Élevé Red Blend from Snowy Peaks Winery in Estes Park, Colorado. This wine is part of the 2018 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

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

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... **Colorado Lamb**