



Traditional Poshol

FROM RAMONA FARMS

Ingredients

- 3 cups brown tepary beans (cleaned, rinsed & soaked)
- 1/3 cup whole wheat kernels
- 1/4 cup dried roasted sweet corn or white corn (optional)
- 1/2 onion (diced)
- 1 clove garlic (optional)
- 1/8 tsp cumin
- 2 dried red chili peppers (whole)
- 1/4 lb. bacon (fried & crumbled)

Preparation

1. Sort and rinse beans
2. Add water to cover plus 2 to 4 inches
3. Bring all ingredients to a boil for 30 minutes
4. Reduce heat, cover and simmer for 6 hours, or until tender

*Or transfer ingredients to a slow cooker and cook on low for 8 to 10 hours.

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