

SOUP - BARBARA'S CROCK POT BEAN

In your crock pot, place:

- * 2 to 3 c. pinto beans or several mixed varieties. This is a good way to use some lentils.
- * 1 bay leaf
- * 10 cups of water or broth
- * 1 small chopped onion
- * 1 chopped green pepper
- * 1/2 cup grated carrot
- * 1 teaspoon salt or to preference
- * dash red or black pepper
- * 1 clove of garlic

Cook overnight or 6 to 8 hours on high. Variation: Add taco seasoning and 1 can tomato sauce after cooking and one can of corn, no need to drain. Serve with corn chips or corn bread.

Altered by MARTHA

- * 2 cups pinto beans
- * 1 bay leaf
- * 6 cups of water or broth
- * 1 small chopped onion
- * 1 chopped green pepper
- * 1/2 cup grated carrot
- * 1/4 teaspoon salt
- * dash red or black pepper
- * 1 clove of garlic

Cook overnight or 6 to 8 hours on high. Variation: Add 2 tablespoons salsa or catsup and 1 can tomato sauce after cooking, and one can of corn, no need to drain. Serve with corn chips or corn bread.