



SLOW COOKER BEANS AND FRANK SOUP

July 13

National Beans and Franks Day

INGREDIENTS

- 4 Frankfurters (at least 2 ounces each; that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 16 Ounces Pinto Beans (dry)
- 6 Cups Water
- 6 Slices Bacon
- 1 Small Onion (diced)
- ½ Cup Brown Sugar
- ¾ Cup Molasses
- ¾ Teaspoon Chili Powder
- 1½ Teaspoons Dry Mustard
- ¾ C Ketchup
- ¾ Teaspoon Salt
- ½ Teaspoon Garlic Salt
- 2 Tablespoons White Wine Vinegar
- 2 Tablespoons Worcestershire Sauce

DIRECTIONS

1. Rinse dry pinto beans and put into Instant Pot with water.
2. Close lid and steam valve and push beans button, normal temperature for 60 minutes.
3. Do a natural release, drain liquid, set beans aside.
4. Turn Instant Pot to saute normal and add diced onion and bacon with a little olive oil, cook until onions soften and bacon is ¾ of the way cooked. Turn off.
5. Add other ingredients listed (except for frankfurters and beans in a bowl and whisk together well.
6. Add beans back into your Instant Pot and pour liquid molasses mixture you made on top, fold all ingredients together.
7. Put lid on and close steam valve again and push bean button, normal temperature for 20 minutes.
8. Quick release, add sliced hot dogs, fold in gently and put lid back on for 10 final minutes on bean setting, normal temperature. Serve immediately for best results.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1 Cup	¾ Cup