

## Mexican Chorizo & Pintos

### Ingredients:

1 Can Goode Foods™ Pinto Beans, (rinsed & drained)  
½ Cup Mexican Chorizo  
½ Vidalia Onion, diced small  
10 Cilantro Leaves, chopped  
½ Poblano Pepper, diced small  
¼ Cup Chicken Stock  
1 Tbsp. Lemon Juice  
1 Tbsp. Olive Oil

### Directions:

- Put chorizo in a medium pan crumbling with a wooden spoon and cook on medium heat for 10 minutes stirring about 5 times and set aside
- Heat olive oil in a large pan on medium-high heat, when warm add the onions and poblano peppers and cook for 3 minutes
- Stir in the lemon juice and cook for 3 minutes
- Add the pinto beans, chopped cilantro, chicken stock and season with pepper and let cook for 15 minutes
- When liquid is almost gone add the chorizo back to the mixture and finish

### Nutritional Information:

(Makes 6 Servings)

- 650 Calories
- 210 Calories From Fat
- 22 g Total Fat
- 45 mg Cholesterol
- 1500 mg Sodium
- 68 g Total Carbohydrate
- 15 g Dietary Fiber
- 1 g Sugar
- 35 g Protein

