

How to Make Slow-Simmered Pinto Beans with Ham and Tangy Pickled Onions

This is the kind of meal that



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30 min

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INGREDIENTS

For the Pinto Beans:

1 lb pinto beans, soaked overnight

2 ham hocks

1 onion, chopped

2-3 cloves garlic, minced

8 cups water

Salt and pepper, to taste

For the Pickled Onions:

1 large red or white onion, thinly sliced

$\frac{3}{4}$ cup vinegar (white, apple cider, or red wine)

1 tbsp sugar

1 tsp pickling spice

$\frac{1}{2}$ tsp salt

For the Cornbread:

1 package cornbread mix (plus ingredients on the package)

DIRECTIONS

1. Soak the Beans: Rinse pinto beans well and soak them in cold water overnight.
2. Drain and rinse again before cooking.
3. Cook the Beans: In a large pot, combine beans, ham hocks, chopped onion, garlic, and water.
4. Bring to a boil, then reduce to a gentle simmer.
5. Cover and cook for 2-2 $\frac{1}{2}$ hours, stirring occasionally, until beans are tender and ham hocks are falling apart.
6. Remove ham hocks, shred the meat, and return to the pot.
7. Season with salt and pepper to taste.
8. Make the Pickled Onions: Combine vinegar, sugar, pickling spice, and salt in a bowl. Stir until dissolved.
9. Add thinly sliced onions and toss well.
10. Let sit for at least 30 minutes (or refrigerate for up to 5 days for deeper flavor).
11. Bake the Cornbread: Prepare cornbread mix according to package directions.
12. Bake until golden and cooked through, about 20-25 minutes.
13. Let cool slightly, then slice and serve warm.
14. Assemble and Serve: Spoon beans into bowls or plates, top with pickled onions, and serve with a slice of warm cornbread on the side.
15. Garnish with fresh parsley or hot sauce, if desired.

SWAPS & NOTES

Use smoked turkey necks, bacon, or a meaty ham bone.

Make it Vegetarian : Use vegetable broth and smoked paprika for a meat-free version.

Cornbread from Scratch : Of course, homemade cornbread works great too-just follow your favorite recipe.

Vinegar Options : Apple cider vinegar adds the most depth, but white vinegar works for a sharper tang.

TIPS FOR SUCCESS

Soaking the beans cuts down cooking time and helps them cook evenly.

For creamier beans, mash a few against the side of the pot toward the end of cooking.

If the liquid gets low during simmering, add hot water or broth as needed.

The pickled onions can be made ahead and stored for up to a week.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-slow-simmered-pinto-beans-with-ham-and-tangy-pickled-onions/>