

Cowboy Beans

1 pound dried pinto beans

2 1/2 cups cold water

1/2 pound lean salt pork, cut up

1 red chili pepper

1 medium onion, chopped

1 clove garlic, minced

1 can tomato paste, 6 ounces

1 1/2 tablespoons chili powder

1 teaspoon salt

1 teaspoon cumin seed

1/2 teaspoon marjoram

Wash and pick over beans; put in mixing bowl. Cover beans with cold water and soak overnight. Next morning put beans and water into Dutch oven and bring to a boil; reduce heat. Cover and simmer 1 hour. Stir in remaining ingredients; cover and simmer 3 hours or until tender. Add more water if necessary. Serves 8.

Chuck wagon cooks were often African American or Mexican. They liked to add chili peppers and other seasonings of their food traditions.

Food in Kansas

Kansas Historical Society ©1986