

Southwest Beanpot

2 lbs. ground beef
1 onion, chopped
¼ cup oil
2 tbsp flour
1 tsp cumin
1 tsp salt
2 cloves garlic, crushed
1 8 oz. can tomato sauce
2 cans pinto beans

Preparation:

1. Brown beef and onion in hot oil
2. Stir in flour, seasonings, and tomato sauce.
3. Add beans with liquid.
4. Simmer 30 minutes