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Crock-pot White Kidney Beans

This recipe is super easy and super healthy! You do not need to soak the beans as they will cook for 8 hours on high and will be very tender. Here is what you need for this great recipe:

12 oz. dry white kidney beans (or any other kind of bean for that matter!)

8 cups water

1 cup store bought salsa (I used Pace Picante Sauce - medium)

1 tablespoon ground cumin

1 teaspoon ground garlic

1 tablespoon dry oregano

1 teaspoon ground coriander

Salt & Pepper

Place all the ingredients in a Crock-pot. Turn it on high. Cook for 8 hours. Serve with rice.

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