
Food for the Soul

Texas Two Step "Charro" Beans

Side Dishes

1 lb. of pinto beans (soak overnight and rinse)
1 can of diced tomatoes (with mild green chilies if you want spicy) 2 t of salt
2 pods of garlic (diced) 2 t of black pepper
2 slices of white onion (diced) 1 t of Country Mart (D'Hanis) spices
2 t of cumin (shhhh . . . This is the secret ingredient) cubed or sliced ham (as much as you desire)
fill crock pot to near top with water

Instructions

I recommend using a crock pot for cooking the beans.

After putting all of the ingredients in the crock pot, fill with water to near the top (don't overfill because of the potential of boiling over). Cook on high for 5 hours or so, then move it to the low setting for 4 or 5 hours more. Add chopped cilantro during the last 30 minutes of cooking or add cilantro as a garnish.

Good "Charro" beans should be soupy. Enjoy.

This is the typical Mexican style recipe for beans. Some would call it "Charro" beans or at First Baptist, we might call it "Allende" beans.

For the first 27 years of my life, I played church. It was more of a social affair than a spiritual encounter with God. Even though we went to church faithfully, we didn't study the Word and really understand the Word. Through a Bible study in a home in Del Rio during 1977-78, we began to understand that a personal relationship with Christ is the key to accepting Him as a personal Savior.

From that point on, we began a spiritual journey of growing in the Lord.

One of the turning points during that time was a scripture in Revelation 3:2, which said, "Wake up, and strengthen the things that remain, which were about to die; for I have not found your deeds completed in the sight of My God." I woke up and began to strengthen the things that remain. And what remains forever and ever? Your relationship with Christ remains forever. It will be either an eternal relationship in union with Him, or the unimaginable circumstances of eternal separation. It was my personal "Wake-up" call.

Psalm 37:4 "Delight yourself in the Lord; and he will give you the desires of your heart."

--Charles Carlson
