



Recipe Corner
Crockpot Pinto Beans

Ingredients:

- 2 cups pinto beans
- 3 cups beef broth
- 1/2 cup **real** maple syrup
- 1/4 cup ketchup
- 1/4 lb chopped bacon
- 1 onions, coarsely chopped
- 1 tbsp Dijon mustard
- 1 tsp salt
- 1/2 tsp ground pepper

Directions:

Place beans in a large bowl. Cover with water and soak for 12 hours or overnight at room temperature. Rinse and drain.

In a slow cooker, combine all ingredients. Cover and cook for 8 to 9 hours on Low, or for 6 hours on High. Mix well. The sugar in the maple syrup keeps the beans firm...thus the long cook time. Freezes well, I use two cup containers.

12 lbs of triple cleaned pinto beans available at Sam's Club for \$9.28.

This recipe goes great with the air fryer baby back ribs...that recipe is available at my blog from the 7.1.2023 newsletter.

BTW: *oligosaccharides* is what causes flatulence from beans.

The sugar ferments in your lower bowel creating the gas. Soaking beans in water overnight is one of many ways to reduce it but Mel Brooks doesn't recommend it.

(Blazing Saddles)



2.10.2024 #421

All the news I see fit to print.
Freedom of the press belongs to those who own one.

Resident Biden expressed his support for African American history at a kick-off celebration for Black History Month by telling those gathered he believes black history is just as important as normal people history.

On January 20, 2021, on his first day in office, Resident Biden ended the national emergency previously declared at the southwest border, halting emergency construction of the border wall. He also issued an executive order expanding the Deferred Action for Childhood Arrivals program, which courts have ruled is illegal, and proposed a U.S. Citizenship Act "to provide amnesty to millions of illegal aliens in the U.S., demonstrating intent to reward illegal border crossers with a path to citizenship."

Iran's Revolutionary Guard Corps (IRGC) had several days to hide and move resources because Biden gave the information to the Lame Stream Media days before the strikes he launched. Biden also whispered "it's gonna be Normandy".

Biden was joined for a photo op by Minnesota's Governor Tim Walz and Senators Amy Klobuchar and Tina Smith, along with Wisconsin's Tammy Baldwin. Biden was led to the place where he was supposed to stand, but instead of joining him the Minnesota crew (plus Baldwin) was busy shooting selfies, while giggling like a bunch of junior high school girls.

The EPA spent close to \$400,000 of federal funds just on ammunition. That came after the EPA purchased 500,000 rounds of ammo and 600 guns. Over \$100,000 went to buying armor for EPA employees. Funds were also used for "optical sighting and ranging equipment," for "night vision equipment" and "security vehicles." **Fish? Barrel?**

Environmental Protection Agency?



Here's How:

The CIA took control of the media in the 1960's with a program they named **Operation Mockingbird**.

Last week I reported the Lame Stream Media losing about 3,000 "journalist" jobs with another 500 in January.

They lost control of the narrative when the internet offered both sides of any story. *(It's ironic that news items are called "stories".)*

Due largely to websites like X/twitter, **whatfinger.com**, **citizen free press.com** and the **gateway pundit.com**, the mockingbird is being mocked with access to the truth.

The Lame Stream Media echoed hoax after hoax across all media they controlled. I have included a partial list of them with direct links to each as a word document attached to the newsletter email.

The Lame Stream Media is not only losing their audience, their ad revenue is dwindling with Big Pharma and the election money as their primary revenue source.

Cut the cable.

Ignore the Lame Stream Media. Use the internet and your common sense.



Who makes the sandwiches at a feminist picnic?

Why are they locking up merchandise instead of the people who steal it?

Obama awarded a Nobel Peace Prize for bombing seven countries?

Jim Jones killed 919 people with Kool-Aid. You can still buy Kool-Aid without a permit.

You can learn more from the mistakes of others than from your own.

Why should I feel their pain when I can be their aspirin.

Where are those childhood naps when we need them?

**“Money can’t buy happiness.”
Oh yeah? Try me!**

You can’t leave Sam’s Club until they’ve seen your papers.

Park in a driveway and drive in a parkway while nothing moves during rush hour. Who named these?

When is Chuckie Schumer’s birthday and has his mother apologized yet?

Our current crop of congress critters may be the reason there are instructions with shampoo.

You know that little voice inside your head that keeps you from saying things you shouldn’t? Yeah, I don’t have that.



Lots of information you didn’t get from the Lame Stream Media:

In a Federal Court in Atlanta, **Georgia**, computer science and engineering professor J. Alex Halderman was able to hack a Dominion voting tabulator in front of U.S. District Judge Amy Totenberg using only a pen to change the vote totals. Georgia election officials have been aware of existing vulnerabilities in the state’s voting software for more than two years but continue to insist the system is safe and won’t be updated until after 2024.

From **Michigan**: 17,327 mail in ballots were sent to dead people. Obituaries confirm they were still dead on November 3, yet still voted in the 2020 election.

A study published by MDPI of Basel, Switzerland on January 22, 2024, has demonstrated that Nabisco’s toxic Oreo Cookies are two times more effective at lowering LDL cholesterol (the one they say is “bad”) than high-intensity statin drugs...e.g. Lipitor by Pfizer.

IRS Commissioner Danny Werfel met with senators and was asked about the estimated 95% of claims made by businesses for a COVID-era tax break were fraudulent. Direct quote: “Yeah”.

Ukraine’s security service, the SBU, said that employees of a Ukrainian arms company conspired with officials to embezzle nearly \$40 million that had been earmarked for the purchase of mortar shells to fight the war with Russia.

Ilhan Omar’s Father was Top Propaganda Official in Genocidal Somalian Barre Regime – Then He Changed His and Her Name and Entered US Illegally. Then she married her brother? She is the MN 5th Congressional District rep.

Manhattan District Attorney Alvin Bragg defended his decision to release, without bail, the illegal aliens accused of attacking (with video proof) an NYPD officer. One of them (right) shows his gratitude to NY for the cash and free ride to CA he and other illegal aliens received.



Tidbits

(a small and particularly interesting item of gossip or information)

So many illegal aliens have moved into Twin Cities that authorities are being forced to put up signs on trains explaining to not defecate or sexually assault passengers.

The net taxpayer cost of services for illegal immigrants is \$150.7 billion, while 35,000 American Veterans remain homeless.

The Rocky Mountain Lab in Montana is experimenting with deadly viruses such as Ebola, Lassa fever, Nipah, and even the plague.

Washington DC...where cash is printed but being rejected in favor of plastic payments so no robbers, no workers stealing and no change counting holding up lines.

100 Elected FL Officials Quit Over Demand for Financials

They can’t impeach Mayorkas because he hasn’t done anything?

Staffers who filmed gay sex in Senate hearing room **on Amy Klobuchar’s desk** will not be charged as this is apparently less offensive than grandmas walking around with flags Jan 6th.

Congress critter Ayanna Pressley says Walgreens is racist for closing stores in high-theft areas. *Duh?*

Chicago Mayor Demands ‘Ceasefire’ in Gaza as Crime Runs Rampant in Democrat-Led City
Gaza said “you first”.

Until next week...

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*Or visit my blog.
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