

Pinto Beans



Selection - Choose canned beans labeled "low-sodium" or "no salt added". Dry beans are low in sodium.

Storage - Store dry pinto beans in a closed dish (stays fresh for 18-24 months).

Nutrition - Fiber in pinto beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE PINTO BEANS

- To use canned pinto beans, drain and rinse the beans. Add beans to soup or chili. Pinto beans can be used in place of ground meat in meals.
- To make pinto beans for a side dish, add olive oil to a pan and sauté onions and garlic until soft. Add in beans, broth, and a bay leaf, and cook over medium-high heat. Once boiling, reduce heat to low and cook for 20-25 more minutes, stirring occasionally.
- To make refried beans, blend cooked pinto beans and cooked onions with garlic powder and cumin powder. Add about 1/4 cup water for wanted texture. Once blended, squeeze fresh lime juice and mix. Add salt and pepper to taste.

Ingredients

- ☐ 1 can (1 3/4 cup) pinto beans, drained and rinsed
- ☐ 3 cups water
- ☐ 8 ounces ham, cut into cubes
- ☐ 1 cup onion, diced
- ☐ 2 cloves garlic, minced
- ☐ 1 small bay leaf
- ☐ 1 (14.5 ounce) can diced tomatoes
- ☐ 2 cups green pepper, chopped
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons dry mustard
- ☐ 1/4 teaspoon oregano or cumin

Directions

1. Combine beans, water, ham, onion, garlic and bay leaf in a large pot.
2. Cover and simmer about 15 minutes.
3. Add remaining ingredients, cover and simmer for at least 30 more minutes. The longer the mixture simmers, the better the flavor. Enough liquid should be left on beans to resemble a medium-thick gravy.

