



# Pinto Beans, Dry

## MyPlate Food Group: Veggie or Protein

### Nutrition Information

- Pinto beans are high in protein, fiber, and iron. Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.

### Uses & Tips

- Pinto Beans should be soaked before cooking.
  1. **Overnight Soak Method** Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.
  2. **Quick Soak Method** Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

### MyPlate Facts

- Pinto beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health.
- Vitamin C helps the body use iron.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

### Storing Foods at Home

- Store dry pinto beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry pinto beans in a tightly closed bag or container.



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## Pinto Bean Stew

Makes 6 servings

Directions: Wash hands with soap and water.

### Ingredients:

- 1½ cups onion, chopped
- 1 bell pepper, chopped
- 2 carrots, chopped
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 can (6 ounces) tomato paste
- 1½ low-sodium chicken broth or water
- 2 cups pinto beans, cooked
- Salt and pepper, to taste

1. Add ½ cup water to a medium pot. Cook the onion, green pepper, carrots, and garlic in the water for 5 minutes over medium heat or until soft.
2. Stir in the chili powder, tomato paste, chicken broth and pinto beans.
3. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot.
4. Serve over hot cooked rice.
5. Refrigerate leftovers.

Recipe adapted from Just Say Yes to Fruits and Vegetables

## Pinto Bean Dip

Makes 6 servings

Directions: Wash hands with soap and water.

### Ingredients:

- 1½ cups cooked pinto beans, drained
- 1 can (4 ounces) mild jalapeño peppers
- 1 tablespoon vegetable oil
- 1 tablespoon barbecue sauce or ketchup
- 1 tablespoon water
- ½ teaspoon onion powder
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

1. Mash beans well with a fork or potato masher, stir in remaining ingredients. Optional: For a smoother dip, place ingredients in a blender and blend until smooth.
2. Add additional water as needed for desired consistency.
3. Refrigerate leftovers within 2 hours.

Serve with baked tortilla chips or your favorite vegetables such as carrots, sliced cucumbers, cherry tomatoes, or sliced peppers.

Recipe adapted from FoodHero.org