

# Pinto Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover soaked beans with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Spiced Apple Bean Muffins

### Ingredients:

1 cup sugar  
1/4 cup canola or vegetable oil  
1 egg, beaten  
2 cups cooked pinto beans, mashed  
1 cup flour  
1 teaspoon baking soda  
1 1/2 teaspoons cinnamon  
1 teaspoon ground cloves (optional)  
2 cups peeled and diced apples  
1 teaspoon vanilla  
1/2 cup raisins  
1/2 cup chopped pecans (optional)

### Directions:

1. Preheat oven to 375° F.
2. In large bowl, blend sugar and oil. Add eggs and beans, and mix thoroughly.
3. Stir in remaining ingredients.
4. Pour into greased muffin tin.
5. Bake for 15–20 minutes or until toothpick comes out clean.
6. Cool and enjoy!
7. Refrigerate leftovers.

**Makes 12 servings.**

## Pinto Bean Salad

### Ingredients:

2 cups cooked pinto beans  
2 apples, cored and chopped  
1/4 cup finely chopped celery  
1/4 cup diced green chilies  
1 1/2 tablespoons cider vinegar  
1 1/2 tablespoons vegetable oil  
1/2 teaspoon onion powder  
1/8 teaspoon hot sauce (optional)  
Salt and pepper to taste

### Directions:

1. Make the salad: in a medium bowl, mix together beans, apples, celery and green chilies.
2. Make the dressing: in a small bowl, combine vinegar, vegetable oil, onion powder and hot sauce. Mix well.
3. Pour dressing over the salad and toss together.
4. Cover and refrigerate for 30 minutes before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.



*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Spiced Apple Bean Muffin

**Recipe Name:**  
Pinto Bean Salad

<b>Nutrition Facts</b>	
Serving Size (109g) Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 4g	16%
Sugars 24g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>	
Serving Size (122g) Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 5g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
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Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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