

Pinto & Great Northern 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.



Pinto Bean Stew

Ingredients:

- 1 1/2 cups chopped onion
- 1 bell pepper, chopped
- 2 carrots, chopped
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) low sodium chicken broth
- 2 cups cooked pinto beans
- Salt and pepper to taste

Directions:

1. Add 1/2 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.

Makes 6 servings.

Bean & Tuna Salad

Ingredients:

- 2 cups cooked great northern beans
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 can (6.5 ounces) tuna, packed in water, drained
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

Directions:

1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold.
4. Refrigerate leftovers.

Makes 4 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

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The Nutrition Facts Label—What does it tell us?

Recipe name: Bean and Tuna Salad

Nutrition Facts

Serving Size: 1/4 of recipe (204g)

Servings Per Recipe: 4

Amount/Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 210mg **9%**

Total Carbohydrate 23g **8%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 19g

Vitamin A 4% Vitamin C 20%

Calcium 8% Iron 15%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Pinto Bean Stew

Nutrition Facts	
Serving Size: 1/6 of recipe (240g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 28g	9%
Dietary Fiber 8g	30%
Sugars 6g	
Protein 8g	
Vitamin A 70%	Vitamin C 45%
Calcium 6%	Iron 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

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