

# How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

## PINTO BEANS

Pinto Beans are a staple of the Southwest. They are an excellent source of vegetable protein and minerals such as iron, magnesium, and zinc. Great news, they are also available year-round!

### Examples:



Vegetable Chili Boat



Nachos with Diced Chicken



Taco Pie



Bean Tostada



Tofu Huevos Rancheros

### TIP!

Consider using Beans Pinto Low Sodium - (6/10 Can 1 LB CS)-100365 through USDA Foods!