

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

PINTO BEANS

Pinto beans are characterized by flattened, oblong seed shapes. They have a light brown background color overlain by a mottled pattern of darker brown splotches. Pinto beans contain the most fiber of all beans and are the most popular bean in the US.



How to Select and Store PINTO BEANS:

Selection

PLUMP SMOOTH INTACT

When selecting dried pinto beans, avoid packages containing broken, shriveled, or crushed beans. Reject beans that contain tiny pinholes, an indicator of bug infestation.

If consuming canned pinto beans, ensure the can is void of any dents to avoid possible contamination.

Storage



**PANTRY, REFRIGERATOR,
AND FREEZER**

Dried and canned pinto beans can keep in an airtight storage container in a cool, dark, dry place out of direct sunlight for up to three years.

Open canned beans will last for three to four days in the refrigerator and one to two months in the freezer in an airtight container.

Nutrition Facts	
13 servings per container	
Serving size 1/4 Cup (35g)	
Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.8mg	10%
Potassium 490mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips for Preparing and Cooking:

Preparation

Soak dry beans overnight. Rinse and simmer in water. Check beans starting at 1 hour and every 15 minutes after that until tender. Add more liquid to the pot, as needed, to keep the beans submerged. Season as desired.

Try PINTO BEANS....

Refried

Heat beans as normal. Mash at least half of the beans until mostly incorporated. Add desired spices, salt, pepper, and enjoy!

In Chili

Try a thick and hearty chili by using pinto beans as the star! Incorporate dried New Mexico chiles, onions, and garlic for a unique, robust taste.

Plant Based Protein

Use them as a fantastic vegetarian base in tacos. Season and add desired toppings for a protein and fiber rich taco option. Serve with a side of rice and enjoy!



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Did you know?

Pinto Beans get their name from the Spanish word "pinto," meaning speckled or painted due to their dark spots!