

BEANS, PINTO

DRY

for use in the USDA Household
Commodity Food Distribution Programs

02/04/03

Product Description

Dried Pinto beans are U.S. grade 1.

Pack/Yield

Pinto Beans are packed in 2-pound packages. A 2-pound bag of dry pinto beans will yield approximately 24 half-cup servings after cooking.

Storage

- Store dry beans in a cool, dry place off the floor. High temperatures cause hardening of the dry beans; high humidity may cause mold.
- Store cooked pinto beans in a covered non-metallic container and refrigerate. Use within 2 days or freeze.

Uses and Tips

- Cooked pinto beans may be used in salads, soups, stews, casseroles and chili, or as a side dish. They are also excellent mixed with rice.
- Try seasoning pinto beans with bay leaves, cilantro, garlic, oregano, parsley, or thyme while cooking.

Preparation

- Sort beans to remove foreign matter, such as small stones, dark or odd shaped beans. Rinse in a colander under cold water.
- Soaking not only makes the beans cook faster, but by discarding the soaking water, gas-causing compounds may be reduced.



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Cooking

Use approximately 1¾ quarts boiling water for each pound of soaked beans to be cooked. Cook until tender for approximately 1 hour and 30 minutes. Add additional boiling water if beans become dry. Drain, if desired.

Nutrition Information

- **Pinto Beans** are high in fiber, a good source of protein and iron, and are fat, sodium, and cholesterol free.
- ½ cup of cooked pinto beans provides **1 serving from the MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP of the Food Guide Pyramid.**
- 1/3 cup of cooked pinto beans provides 1 bread/starch diabetic exchange

(See recipes on reverse side)

Nutrition Facts	
Serving size 1/2 cup (89g) cooked pinto beans without salt	
Amount Per Serving	
Calories 120	Fat Cal 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 3%
Calcium 0%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions for Soaking Dry Pinto Beans

Overnight method: In a large pot, add dry beans to cold water. Cover. Let stand in refrigerator overnight. Drain and discard soaking water. Replace water and cook immediately after soaking period. Longer periods of soaking are not recommended.

Quick soak method: In a large pot, pour dry beans into boiling water and boil for 2 minutes. Remove from heat, cover and allow to set for 1 hour. Drain and discard soaking water and proceed with cooking.

Pinto Soup

1 cup dried pinto beans
1 (15.5 ounce) can tomatoes, drained
1 (15.5 ounce) can carrots, drained
1 medium onion, chopped
1 (15 ounce) can fat-free beef or chicken broth
1 teaspoon black pepper

Modified recipe provided by American Institute for Cancer Research

1. In a large pot, soak beans using quick soak method.
2. In a medium pot, mix beans, tomato, carrots, onion, and broth. An option is to sauté onions in a pan with a teaspoon of oil over medium heat and then add to broth.
3. Over medium-high heat, cover and bring to a boil.
4. Reduce heat and cook for approximately 60 minutes. Add black pepper.
5. Optional: Cool uncovered 20 minutes. Puree half of soup in blender, and mix with remaining soup.

Makes approximately 4 servings

Nutrition Information for each serving of Pinto Soup:

Calories	220	Cholesterol	0 mg	Sugar	10 g	Calcium	127 mg
Calories from Fat	9 g	Sodium	630 mg	Protein	12 g	Iron	4 mg
Total Fat	1 g	Total Carbohydrate	43 g	Vitamin A	3,390 RE		
Saturated Fat	0 g	Dietary Fiber	15 g	Vitamin C	22 mg		

Skillet Dinner

2 cups dry pinto beans
½ tablespoon vegetable oil
2 garlic cloves, diced
1 medium onion, chopped
1 cup of 29 ounce-can chicken
1 (15.5 ounce) can tomatoes, non-drained
1 (15.5 ounce) can carrots, drained
1/3 cup original flavor barbecue sauce
6 hamburger buns

Modified recipe provided by American Institute for Cancer Research

1. In a large pot, soak pinto beans using quick soak method.
2. On medium-high heat, warm oil in skillet.
3. Brown garlic and onion in oil.
4. Remove excess fat from canned chicken, then add chicken to skillet and heat for 8-12 minutes.
5. Add beans, tomatoes with juice, and carrots.
6. Add barbecue sauce; heat until warm, stirring occasionally to prevent sticking.
7. On an open bun, pour chicken mixture on top.

Makes 6 servings

Nutrition Information for each serving of Skillet Dinner:

Calories	370	Cholesterol	20 mg	Sugar	12 g	Calcium	130 mg
Calories from Fat	50 g	Sodium	520 mg	Protein	24 g	Iron	5 mg
Total Fat	6 g	Total Carbohydrate	58 g	Vitamin A	2,295 RE		
Saturated Fat	1 g	Dietary Fiber	19 g	Vitamin C	14 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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