Product Description
- Dry pinto beans are U.S. Grade 1.

Storage
- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container not made from metal or a resealable plastic bag.
- Store cooked beans in a covered container not made from metal and refrigerate. Use within 2 days or freeze.

Uses and Tips
- Cooked pinto beans can be used in salads, soups, casseroles, stuffing, tacos, burritos, or breads; with rice or pasta; and with or without meat.

Nutrition Information
- ½ cup of cooked pinto beans count as 2 ounces in the MyPlate.gov Protein Food Group or as ½ cup in the Vegetable Group.
- For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of protein and 2 ½ cups of vegetables.
- ½ cup of pinto beans are a healthy vegetarian choice. They are free of fat, cholesterol and sodium and provide 32% of daily recommended amount of fiber.

Resources
- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts
Serving size: 1/2 cup (86g) pinto beans without salt, cooked

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>120</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
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<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
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<tr>
<td>Trans Fat</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Protein</td>
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</tbody>
</table>

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.

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Bean Soup

Makes about 8 servings

Ingredients
1 cup dry pinto beans, soaked and drained
4 cups low sodium chicken broth
4 cups water
2 cups tomato sauce, tomato juice, or canned crushed tomatoes
1 or 2 onions, chopped
1 teaspoon dried oregano or basil (if you like)
¼ cup uncooked pasta

Directions
1. Place beans, broth, water, tomato sauce, juice, or tomatoes, and onion in a pot. If using oregano or basil, add that too.
2. Cover and cook on medium heat for 2 to 3 hours.
3. Add pasta. Cook until soft.
4. Serve hot. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.

Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council

Bean Filling for Tacos or Burritos

Makes about 3 servings

Ingredients
1 tablespoon vegetable oil
½ cup onion, chopped
½ cup green pepper, chopped
1 cup beans, cooked
¾ cup salsa
¼ teaspoon chili powder or garlic powder
3 taco shells or 3 flour tortillas
3 tablespoons shredded cheese or sour cream

Directions
1. Cook onion and green pepper in vegetable oil until soft.
2. Add cooked beans, salsa, and chili powder or garlic powder.
3. When beans are heated, mash them with a fork to make a thick mixture.

For tacos: Fill taco shell with bean mixture; top with shredded cheese or sour cream (and more salsa if you like).

For burritos: In a warm flour tortilla, place filling on one side; top with shredded cheese or sour cream. Roll up and serve with extra salsa. Preheat oven to 300 degrees F.

Tip
Add shredded lettuce and tomatoes to tacos and other vegetables to burritos.

Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council

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