



**Pinto Beans,
Canned, Low-Sodium**
MyPlate Food Group: **Protein or Vegetable**



Nutrition Information

- ½ cup of pinto beans counts as 2 ounces in the Protein group or ½ cup in the Vegetable group on ChooseMyPlate.gov.
- Pinto beans are low in fat, calories, and sodium and do not contain cholesterol.
- Pinto beans are a good source of plant protein.
- For specific information about canned pinto beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Canned pinto beans are precooked and do not require any soaking. They do not need to be heated before eating.
- Pinto beans are a protein-rich food that can be added to chili dishes, soups, salads, or casseroles. They may also be used in fillings, spreads, or dips.
- Canned pinto beans can be used in place of cooked, dried pinto beans in any recipe.

Storing Foods at Home

- Store unopened canned pinto beans in a cool, clean, and dry place.
- After opening, take any unused pinto beans out of the can and store them in a tightly covered container in the refrigerator.

MyPlate Facts

- Pinto beans contain many nutrients such as protein, iron, zinc, and magnesium.
- Proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood. It is good to eat foods with iron and Vitamin C at the same time because Vitamin C helps the body use iron properly. Vitamin C can be found in many foods including fruits and vegetables.
- Zinc helps the immune system work properly.
- Magnesium is used to build strong bones and release energy from muscles.



USDA Foods

Garlic Pinto Beans

Makes 4 servings

Ingredients

- 2 tablespoons vegetable oil
- 6 cloves garlic, sliced
- 1 cup onion, thinly sliced
- 2 cans (15 ounce each) low-sodium pinto beans, rinsed and drained
- ½ teaspoon dried oregano
- ¾ cup water
- ¾ teaspoon salt
- ½ teaspoon black pepper

Directions

1. In a skillet, heat oil and cook garlic and onions, stirring occasionally until tender (about 2 minutes).
2. Add pinto beans, oregano, water, salt, and pepper.
3. Simmer and stir until the beans are heated through (about 4 minutes).

SNAP Recipes. Food and Nutrition Service. United States Department of Agriculture.

Three Sisters Succotash

Makes 4 servings

Ingredients

- 3 tablespoons olive oil
- 1 onion, finely diced
- ½ red bell pepper, finely diced
- ½ jalapeño chili, seeded and minced (optional)
- 6 cloves garlic, minced
- 1½ teaspoons paprika
- 1 teaspoon ground cumin
- 2 cups low-sodium canned pinto beans, rinsed and drained
- 2 cups fresh or frozen corn, thawed
- 1 small butternut squash, cut into ½-inch cubes
- 2 cups low-sodium vegetable stock
- ground black pepper to taste

Directions

1. Heat olive oil in a skillet. Add onion and cook until brown.
2. Add half the bell pepper, chili, garlic, paprika, and cumin. Stir and cook for 2-3 minutes.
3. Add beans, corn, squash, and vegetable stock. Bring to a boil.
4. Lower heat, cover, and simmer until vegetables are tender, about 15 minutes.
5. Remove the lid to cook off the liquid and caramelize the vegetables, about 5-10 minutes.
6. Season with black pepper. Sprinkle with the remaining, uncooked bell pepper. Serve with corn tortillas or whole-wheat pita, along with lime wedges (optional).

Recipe adapted from EatFresh.org