



**Pinto Beans, Dry**  
MyPlate Food Group: **Vegetable** or **Protein**



**Nutrition Information**

- ½ cup of cooked pinto beans counts as 2 ounces in the ChooseMyPlate.gov Protein group or as ½ cup in the Vegetable group.
- Pinto beans are high in protein, fiber, and iron.
- Beans also contain carbohydrates which give you energy.
- Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol.
- For specific information about pinto beans, please refer to the product’s Nutrition Facts Panel or ingredient list.

**Uses and Tips**

- Pinto Beans should be soaked before cooking.
- Before soaking, sort through the beans and remove any stones, dirt, broken, or shriveled pieces. Use one of the following methods:

*Overnight Soak Method*

Place beans in a pot and cover with water at least 3 inches above the beans. Soak overnight for 4-12 hours. Drain and rinse beans before cooking.

*Quick Soak Method*

Place beans in a pot and cover with water at least 3 inches above the beans. Bring water to a boil and boil dry beans for 2 minutes. Turn off the heat, cover, and let the beans soak in the water for about an hour. Drain and rinse beans before cooking.

- If a recipe calls for cooked beans, put the soaked, drained and rinsed beans in a pot with new water and bring them to a boil. Turn the heat down to low, cook about 1 to 1½ hours.

**MyPlate Facts**

- Pinto beans supply many nutrients such as protein, iron, zinc, and magnesium.
- In the body, proteins act as building blocks for bones, muscles, and blood.
- Iron is used to carry oxygen in the blood and is important for good health. It is good to eat foods with iron and Vitamin C at the same time. Vitamin C helps the body use iron. Fruits and vegetables have Vitamin C.
- Zinc helps the immune system work properly.
- Magnesium is used to build bones and release energy from muscles.

**Storing Foods at Home**

- Store dry pinto beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry pinto beans in a tightly closed bag or container.



## USDA Foods

### Pinto Bean Dip

Makes 7 servings

#### Ingredients:

1½ cups cooked pinto beans, drained  
1 can (4 ounces) mild jalapeño peppers  
1 tablespoon vegetable oil  
1 tablespoon barbecue sauce or ketchup  
1 tablespoon water  
½ teaspoon onion powder  
⅛ teaspoon salt  
⅛ teaspoon pepper

**Directions:** Wash hands with soap and water.

1. Mash beans well with a fork or potato masher, stir in remaining ingredients. *Optional:* For a smoother dip, place ingredients in a blender and blend until smooth.
2. Add additional water as needed for desired consistency.
3. Refrigerate leftovers within 2 hours.

Serve with baked tortilla chips or your favorite vegetables such as carrots, sliced cucumbers, cherry tomatoes, or sliced peppers.

*Recipe adapted from FoodHero.org*

### Pinto Bean Stew

Makes 6 servings

#### Ingredients:

1½ cups onion, chopped  
1 bell pepper, chopped  
2 carrots, chopped  
4 garlic cloves, minced  
1 tablespoon chili powder  
1 can (6 ounces) tomato paste  
1½ low-sodium chicken broth or water  
2 cups pinto beans, cooked  
Salt and pepper, to taste

**Directions:** Wash hands with soap and water.

1. Add ½ cup water to a medium pot. Cook the onion, green pepper, carrots, and garlic in the water for 5 minutes over medium heat or until soft.
2. Stir in the chili powder, tomato paste, chicken broth and pinto beans.
3. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot.
4. Serve over hot cooked rice.
5. Refrigerate leftovers.

*Recipe adapted from Just Say Yes to Fruits and Vegetables*