



DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC

How to Cook Dried Pinto Beans

ABOUT

Pinto beans are plump, brown beans that are often cooked until they are very soft and then mashed for use in certain dishes. Canned pinto beans can be convenient, but buying dried pinto beans will save money. The skins of dry pinto beans are speckled, but turn a uniform brown color once cooked.



Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.



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STORAGE

Store dried beans in an airtight container in a cool, dry, dark place up to twelve months.

CLEANING

Dried pinto beans may be mixed with small stones and foreign particles. To clean dried pinto beans, spread them on a baking sheet or on your table. Sort through them carefully, picking out anything that isn't a pinto bean. Discolored beans should be discarded as well.

SOAKING

Soaking dried pinto beans helps neutralize some of the enzymes that can cause flatulence (gas). Soaking also softens dried beans and helps them cook faster. Add enough water so that the beans are covered, and then soak them for at least an hour, or even overnight. Soaking beans should be kept in a cool place, rather than on the stove - just the warmth of a pilot light can cause them to cook.

BOILING

After pinto beans have soaked, change the water before cooking them. Once in fresh water, bring the beans to a boil, then cook them on medium low heat for at least an hour, until they are tender. Older beans may take longer to cook - up to three hours. To test if pinto beans are fully cooked, bite into one or squeeze it between your fingers. The skins of fully cooked pinto beans start to burst.

NUTRITIONAL VALUE

Pinto beans are a good source of protein, vitamins and minerals. One cup of pinto beans provides $\frac{1}{4}$ of the recommended daily value of protein for adults. Pinto beans are not "complete" proteins, which means they do not provide all of the essential amino acids. Supplementing the protein of pinto beans with a little meat, dairy, rice or corn will provide all the essential amino acids.

HEALTH BENEFITS

Pinto beans contain soluble fiber and can lower blood cholesterol.

recipes

Refried Beans

You can use cooked pinto beans to make refried beans, which are a good filling for tacos or burritos. Refried beans are mashed beans mixed with sauteed onions, garlic and chili powder.

Chili

Bean chili is a tomato-based stew made with pinto beans, beef and diced chillies. To make chili, first saute onions, garlic, beef, chillies and chili powder, then add tomatoes (canned or fresh) and pinto beans. Simmer chili for at least an hour; the longer it cooks, the tastier it will be.

SOURCES:

Food.com: Kitchen Dictionary: Pinto Bean; New Mexico State University: Using Pinto Beans; Livestrong.com: The Best Ways to Cook Dried Pinto Beans