Pinto & Great Northern Beans

Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover soaked beans with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.

Pinto Bean Stew

**Ingredients:**
1 1/2 cups chopped onion
1 bell pepper, chopped
2 carrots, chopped
4 garlic cloves, minced
1 tablespoon chili powder
1 can (6 ounces) tomato paste
1 can (14.5 ounces) low sodium chicken broth
2 cups cooked pinto beans
Salt and pepper to taste

**Directions:**
1. Add 1/2 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.

Makes 6 servings.

Bean & Tuna Salad

**Ingredients:**
2 cups cooked great northern beans
1 onion, chopped
2 tomatoes, chopped
1 can (6.5 ounces) tuna, packed in water, drained
2 tablespoons vegetable oil
1 tablespoon lemon juice
1 garlic clove, minced
Salt and pepper to taste

**Directions:**
1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold.
4. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables.
The Nutrition Facts Label—What does it tell us?

Recipe name: Bean and Tuna Salad

Nutrition Facts
Serving Size: 1/4 of recipe (204g)
Servings Per Recipe: 4

Amount/Serving________________

| Calories | 240 | Calories from Fat | 70 |
| % Daily Value* |
| Total Fat | 8g | 13% |
| Saturated Fat | 1g | 4% |
| Trans Fat | 0g |
| Cholesterol | 25mg | 8% |
| Sodium | 210mg | 9% |
| Total Carbohydrate | 23g | 8% |
| Dietary Fiber | 7g | 28% |
| Sugars | 4g |
| Protein | 19g |

1. Start with Serving Size.

2. Check Calories.

3. Limit these:
   • Total Fat
   • Saturated Fat
   • Trans Fat
   • Cholesterol
   • Sodium

4. Get enough of these:
   • Fiber
   • Vitamin A
   • Vitamin C
   • Calcium
   • Iron

Percent (%)* Daily Value:
5% or less is LOW
20% or more is HIGH

*Percent (%) Daily Values are based on a 2,000 calorie diet.
# The Nutrition Facts Label—What does it tell us?

**Recipe name: Pinto Bean Stew**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td><strong>Serving Size:</strong> 1/6 of recipe (240g)</td>
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<td><strong>Servings Per Recipe:</strong> 6</td>
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<table>
<thead>
<tr>
<th>Amount/Serving</th>
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<tbody>
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| Vitamin A | 70% | Vitamin C | 45% |
| Calcium | 6% | Iron | 10% |

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

1. **Start with Serving Size.**

2. **Check Calories.**

3. **Limit these:**
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium

4. **Get enough of these:**
   - Fiber
   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

**Percent (%) Daily Value:**
- 5% or less is LOW
- 20% or more is HIGH

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