



BEANS, PINTO, DRY

Date: December 2012

PACK/YIELD

- Pinto beans are packed in a 2-pound bag. A 2-pound bag of dry pinto beans is about 24 servings (½ cup) after cooking.

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 re-sealable plastic bag.
- Store cooked beans in a covered container not made from metal and refrigerate. Use within 2 days or freeze.
- For further guidance on how to store and maintain USDA Foods, please see our [memo](#)

PREPARATION/COOKING

- Dry beans should be sorted to remove small stones or other objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a pot or strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water. *See back side for directions on soaking.*

USES AND TIPS

- Cooked pinto beans can be used in salads, soups, casseroles, stuffing, tacos, or burritos.

NUTRITION INFORMATION

- ½ cup of cooked dry beans counts as 2 ounces in the MyPlate.gov Meat and Beans group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- 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.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (86g) pinto beans without salt, cooked

Amount Per Serving

Calories 120 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.5g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 8g **32%**

Sugars 0g

Protein 8g

Vitamin A 0% Vitamin C 2%

Calcium 0% Iron 10%

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

OVERNIGHT SOAK METHOD

Note: Make sure you use a pot large enough, since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook slowly until tender –about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

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

BEAN FILLING FOR TACOS OR BURRITOS

MAKES FILLING FOR 3 TACOS OR 3 BURRITOS

Ingredients

- 1 T. vegetable oil
- ½ c. onion, chopped
- ½ c. green pepper, chopped
- 1 c. beans, cooked
- ¾ c. salsa
- ¼ tsp. chili powder or garlic powder
- 3 taco shells or 3 flour tortillas
- 3 T. 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.

Tips

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

Calories	240	Cholesterol	5 mg	Sugar	4 g	Vitamin C	31 mg
Calories from Fat	90	Sodium	105 mg	Protein	9 g	Calcium	109 mg
Total Fat	10 g	Total Carbohydrate	31 g	Vitamin A	38 RAE	Iron	2 mg
Saturated Fat	2.5 g	Dietary Fiber	7 g				

Recipe adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, beans4health.com.