PINTO BEANS

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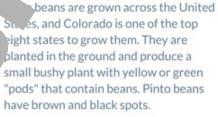
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GROWING



Pinto beans are grown across the United States, and Colorado is one of the top eight states to grow them. They are planted in the ground and produce a small bushy plant with yellow or green "pods" that contain beans. Pinto beans have brown and black spots.

SROWING beans a

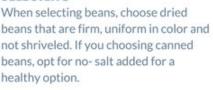


SELECTING



When selecting beans, choose dried beans that are firm, uniform in color and not shriveled. If you choosing canned beans, opt for no-salt added for a healthy option.

SELECTING



STORING



Store dry beans in a food safe storage container, in a cool room, away from oisture and in areas away from pets.

Store canned items at recommendation and discard if they be the expense.

STORING



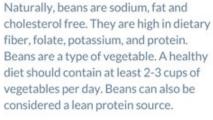
BODY



Naturally, beans are sodium, cholesterol free. They are high in dietary fiber, folate ssium, and protein.

Beans are a control getable. A healthy diet should contain set 2-3 cups of veget per day. It is can also be consider.

BODY



HEN





ve a earthy flavor and can ral ways. To cook dried vernight in water, drain, put bean arge pot with water, bring to bothen reduce to simmer. Check after an or doneness. Simmer until done.

Pinto beans have a earthy flavor and can be used in several ways. To cook dried beans, soak overnight in water, drain, put beans in a large pot with water, bring to boil then reduce to simmer. Check after an hour for doneness. Simmer until done. Add salt to taste.









PINTO BEANS

DID YOU KNOW?
PINTO BEANS WERE FIRST GROWN OVER 5,000 YEARS AGO
BY MEXICAN AND PERUVIAN CULTURES.

TASTY BEAN CHILI

Makes: 8 Servings, Total Time: 2 hr 50 min

- 8 ounces dried pinto beans
- 3 cans (14.5 ounces each) diced tomatoes
- 2 large green bell peppers, chopped
- 2 tablespoons vegetable oil
- 4 1/2 cups chopped onions, about 4 large onions
- 4 cloves garlic, minced
- 1/4 cup chopped parsley
- 3 tablespoons butter or margarine
- 3 pounds lean ground beef
- 1/4 cup chili powder
- 4 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground cumin

Directions

- 1. Rinse pinto beans. Place beans in a large bowl; cover with water and let stand overnight in the refrigerator. Drain before cooking.
- 2. Place drained beans in a large pot; add water to cover. Bring to a boil; reduce heat, and cover the pan. Simmer the beans for 45 minutes, or until they are tender. Add the tomatoes and simmer for 5 minutes. Set beans aside.
- 3. In a large skillet, mix together 2 tablespoons of vegetab (I, chopped onions and bell peppers. Cook until softened, to large frequently. Add the garlic and chopped parsley and company to the minutes.
- 4. In another pan, add the ground beef and cook until no long pink. Add the onion and bell pepper mixture to the beef; stir in copowder and cook for 10 minutes. Add beef my are to beans and stir in the ground black pepper, ground cump
- 5. Cover and simmer or 1 hour. Remove cover and ue cooking for about 25 minutes.

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TASTY BEALT WILL

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- 8 ounces dried pinto beans
- 3 cans (14.5 ounces each) diceo
- 2 large green bell pepr , chapped

- 2 tablespoons vegeta e o
- 4 1/2 cups chopped ab t 4 large onions
- 4 cloves garlic, minced
- ¼ cup chopped
- 3 tablespoors tter garine
- 3 pounds le vnd beef
- 1/4 cup chili powe.
- 4 teas
- 1 tea oor ro d black pepper
- 1 tea gr nd cumin
- recu
- Rinse pinto beans. Place beans in a large bowl; cover with water hd overnight in the refrigerator. Drain before cooking.
- 2. Prodrained beans in a large pot; add water to cover. Bring to a boil; reduce heat, and cover the pan. Simmer the beans for 45 tes, or until they are tender. Add the tomatoes and simmer for 5 minutes. Set beans aside.
- 3. In a large skillet, mix together 2 tablespoons of vegetable oil, chopped onions and bell peppers. Cook until softened, turning frequently. Add the garlic and chopped parsley and cook for 2 more minutes.
- 4. In another pan, add the ground beef and cook until no longer pink. Add the onion and bell pepper mixture to the beef; stir in chili powder and cook for 10 minutes. Add beef mixture to beans and stir in the ground black pepper, ground cumin, and salt to taste.
- 5. Cover and simmer or 1 hour. Remove cover and continue cooking for about 25 minutes.



