

# PINTO BEANS



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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.



## 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.



## STORING

Store dry beans in a food safe storage container, in a cool room, away from moisture and in areas away from pets. Store canned items at room temperature and discard if they become expired.



## BODY

Naturally, beans are sodium, fat and cholesterol free. They are high in dietary fiber, folate, potassium, and protein. Beans are a type of vegetable. A healthy diet should contain at least 2-3 cups of vegetables per day. Beans can also be considered a lean protein source.



## KITCHEN

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.



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# 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 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.



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