

How to Use Pinto Beans

Breakfast sandwich

Mash pinto beans with water and seasonings. Use as a spread on an egg breakfast sandwich.

Wraps

Mix drained pinto beans with brown rice, lettuce, and avocado. Scoop into a tortilla and roll tightly.

Salsa

Add drained pinto beans to corn, lime, tomatoes, and cilantro. Use as a dip or topping for tacos.

Baking

Drain pinto beans. Blend/mash into a puree. Add to your favorite muffin batter or other baked goods for added moisture, protein, and fiber.



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HEALTHY CHOICES

Vegetarian Chili

Ingredients

- 2 (15 oz) cans tomato sauce (low-sodium preferred)
- 2 (15 oz) cans kidney beans, drained and rinsed
- 2 (15 oz) cans pinto beans, drained and rinsed
- 1 medium onion, diced
- 2 (4 oz) cans green chilies
- 2-3 tablespoon chili powder
- 1 teaspoon pepper
- 1 tsp salt
- 2 cups water

Directions

Combine all ingredients in a large pot and bring to a boil. Reduce heat and simmer for 1-2 hours.

Extension

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