

Dried Pinto Beans Recipes



Pinto Bean Facts

- Pinto beans are the most widely produced beans in the United States.
- Pinto beans are used to make fried beans, chili, burritos, and many salads and soups.
- Dried pinto beans taste fresher and are easier to season than canned pinto beans.
- Canned pinto beans can cost almost 3 times more than dried pinto beans.
- The canned version is more convenient, but has 20 times more sodium than dried beans.
- 1 2/3 cups of cooked dried pinto beans equal 1 (15 oz.) can of pinto beans.
- Pinto beans can be cooked in bulk and stored in the refrigerator or freezer for future use.
- Instructions for preparing and storing dried pinto beans are attached to this recipe flyer.

Pasta Bean Salad

You will need:

1 2/3 cups COOKED pinto beans	2 cups small seashell pasta, uncooked	salt to taste
1/2 cup (or more) Italian-style dressing	1 (15 oz.) can black beans, drained	3 tomatoes, chopped
1 (15 oz.) can whole kernel corn, drained	1 1/2 tsp. ground cumin	1/2 tsp. chili powder
1/2 tsp. onion powder	1/4 tsp. dried red pepper flakes (optional)	1/2 tsp. garlic powder

Instructions:

- Prepare pasta according to package instructions. Place in bowl and add dressing and salt; mix well.
- Combine pinto and black beans in a colander, rinse with cold water, drain, and add to pasta.
- Add corn, tomatoes, cumin, chili powder, onion powder, garlic powder, dried red pepper flakes, and salt and pepper to taste.
- Toss lightly. Chill salad in refrigerator until ready to serve.

No Fry Refried Beans

You will need:

3 cups dried pinto beans, rinsed	1 onion, peeled and halved	1/2 fresh jalapeno pepper, seeded and chopped
2 tbsp. minced garlic	5 tsp. salt	1 3/4 tsp. black pepper
9 cups water	1/8 tsp. ground cumin (optional)	

Instructions:

- Place onion, rinsed beans, jalapeno, garlic, salt, pepper, and cumin into a slow cooker.
- Pour in the water and stir to combine. Cook on high for 6 - 8 hours, adding more water as needed.
- If more than 1 cup of water has evaporated, then the temperature is too high.
- Once the beans have cooked and are soft, strain them. Reserve the liquid.
- Mash the beans, adding the reserved liquid as needed to attain the desired consistency.

Pinto Bean Soup

You will need:

1 lb. (2 cups) dry pinto beans
1 tbsp. vinegar

1 small jar salsa
1 tsp. sugar

1 large onion
1 tsp. salt

Instructions:

- Rinse and sort beans. Cover beans with water in a soup pot and bring to a boil; simmer 2 minutes.
- Remove from heat and let stand for 1 hour.
- Add remaining ingredients and more water to cover mixture.
- Bring to a boil and simmer for 1 $\frac{1}{2}$ to 2 hours.
- Serve with warm cornbread and honey.

Huevos Rancheros

You will need:

1 $\frac{2}{3}$ cups COOKED pinto beans
4 corn flour tortillas
salt and pepper to taste

1 small jar salsa
4 green onions, chopped
2 eggs

2 tbsp. butter
1 cup shredded cheese

Instructions:

- Mash pinto beans using a potato masher or fork to make refried beans. Add more water if necessary.
- Heat bean mixture in a skillet. Heat tortillas in oven or fry in a skillet. Set beans and tortillas aside.
- Melt butter in a skillet and add cracked eggs. Add salt and pepper and cook to your liking.
- Place one tortilla on a plate and spread refried beans on top. Top with chopped green onions & cheese.
- Place another tortilla on top of the first one. Top with 2 fried eggs and salsa. Serve warm.

Crockpot Mexican Chicken

You will need:

1 lb. (2 cups) dry pinto beans, rinsed
2 lb. chicken breasts
salt to taste

1 jar favorite salsa
1 packet taco seasoning mix

3 $\frac{1}{2}$ cups water
2 oz. (or more) cream cheese

Instructions:

- Place pinto beans, salsa, and water in a crock pot. Stir to get the liquid around the beans.
- Place chicken breasts on top. Cover and cook on high for 4 - 5 hours or on low for 7 - 8 hours.
- After about 3 hours, remove the lid and check on the mixture. Stir to keep beans from sticking.
- Add a little more water if necessary. Don't open the lid more than once or twice.
- When the beans and the chicken are cooked, gently shred the chicken with two forks.
- It should shred very easily. Add taco seasoning and cream cheese and let mixture sit 15 - 30 minutes.
- Serve with rice, tortillas, or chips. Top with avocado, cheese, and cilantro.

Pinto Bean Cake

You will need:

2 cups pinto beans, COOKED and mashed
1 $\frac{1}{2}$ cups flour
 $\frac{1}{2}$ tsp. allspice
1 cup raisins
1 cup sugar

$\frac{1}{4}$ cup butter
1 tsp. baking soda
1 tsp. cinnamon
1 cup walnuts, chopped

2 eggs
 $\frac{1}{2}$ tsp. cloves
2 cups diced raw apple
1 tsp. vanilla

Instructions:

- Cream sugar and butter. Add eggs. Sift together dry ingredients. Add them to the creamed mixture.
- Stir in beans and vanilla. Add apples, raisins, nuts, and vanilla.
- Pour into greased and floured 13 x 9 inch pan.
- Bake in 350 degree F oven for 25 - 30 minutes or until toothpick comes out clean.
- Good with cream cheese frosting or whipped cream.