

Dried Pinto Beans Recipes

Neighbors Inc., South St. Paul MN 55075



Pinto Bean Salad



Pinto Bean Cake



Spicy Pinto Beans



Refried Pinto Beans



Pinto Bean Cookies



Huevos Rancheros

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How to Prepare Pinto Beans for Soups, Side Dishes, and Entrees

- Rinse 1 lb. dried pinto beans. Remove debris. Place beans in large heavy pot. Cover with water 3 in. above beans. Cover the pot.
- Bring to a ROLLING boil. Remove from heat. Let beans rest for 1 hour. Drain and rinse the beans. This will help remove the enzymes that can cause digestion problems.
- Place beans back into pan. Cover with water 3 in. above beans. Cover the pot.
- Bring to a boil over MEDIUM heat. Uncover the pot. Simmer until beans are desired tenderness; about 1 - 3 hours. Add more water if necessary. Drain and rinse the beans.
- Cool beans. Add to chosen recipe or freeze in 1 cup quantities in Ziploc baggies for later use.

How to Mash and Puree Cooked Pinto Beans for Baked Goods

- Follow the instructions above for cooking dried pinto beans.
- Save some of the cooking liquid. While beans are still warm, add a some of the liquid to the beans and Mash with a potato masher, fork, blender, or mixer until a smooth substance is formed.

Pasta Bean Salad

You will need:

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

Instructions:

- Prepare pasta according to package instructions. Place in bowl and add dressing and salt; mix well.
- Place black beans in a colander, rinse with cold water, drain. Add pinto and black beans 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.

Spicy Pinto Beans

You will need:

6 cups COOKED pinto beans	6 slices bacon	1 medium onion, chopped
1 (12 oz.) can diced tomatoes with chilies	1 tsp. salt	1 tsp. chili powder
1/2 tsp. ground black pepper	1/2 cup water	cilantro and lime juice to taste (optional)

Instructions:

- In a large skillet, cook the bacon until crisp. Remove the bacon, crumble, and set aside.
- Sauté the onion in the bacon drippings until tender.
- Add beans, canned tomatoes, salt, chili powder, pepper, and water.
- Cover and simmer over medium heat for 20 - 30 minutes.
- Add additional water if needed. Serve garnished with crumbled bacon.

Refried Pinto Beans

You will need:

2- 3 cups pinto beans, cooked, tender, & mashed	1 tbsp. oil	$\frac{1}{2}$ medium onion, diced
$\frac{2}{3}$ cup broth or water/broth of choice combo	1 tsp. chili powder	2 cloves garlic, minced
$\frac{1}{2}$ tsp. cumin or to taste	salt and pepper to taste	2 tbsp. fresh cilantro leaves
2 tsp. fresh lime juice		

Instructions:

- Heat oil in a large skillet over medium high heat. Add onion and cook until tender, about 3 minutes.
- Stir in garlic, chili powder, and cumin and cook for 1 minute. Stir in beans and chicken broth.
- Cook until beans are warmed through, about 5 minutes. Mash beans coarsely with back of spoon.
- Add more broth or water to moisten, if needed. Season with salt and pepper. Stir in chopped cilantro.

Huevos Rancheros

You will need:

1 $\frac{2}{3}$ cups COOKED pinto beans	1 small jar salsa	2 tbsp. butter
4 corn flour tortillas	4 green onions, chopped	$\frac{3}{4}$ cup shredded cheese
salt and pepper to taste	4 eggs	

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.

Chocolate Chip Pinto Bean Cookies

You will need:

$\frac{3}{4}$ cup pinto beans COOKED and pureed	$\frac{3}{4}$ cup brown sugar	$\frac{1}{4}$ cup white sugar
$\frac{1}{2}$ cup butter or shortening	2 eggs	1 tsp. vanilla
$\frac{3}{4}$ cup applesauce	2- $\frac{1}{4}$ cups all-purpose flour	1 tsp. baking powder
1 tsp. baking soda	1 tsp. salt	$\frac{1}{2}$ cup walnuts, chopped

Instructions:

- Preheat oven to 350 degrees F. Puree cooked pinto beans.
- Add sugar and butter to a mixing bowl and blend well. Add eggs. Blend well until light and smooth.
- Add vanilla. Add pureed pinto beans and applesauce, beat until fluffy.
- Combine dry ingredients in a small bowl; add to creamed mixture and mix until smooth.
- Stir in nuts and chocolate chips. Place prepared dough into refrigerator for 30 minutes to harden.
- Drop by teaspoon size balls unto greased cookie sheet. Bake for 10 - 12 minutes or until golden brown.

Pinto Bean Cake

You will need:

2 cups pinto beans, COOKED and mashed or pureed		$\frac{1}{4}$ cup butter	2 eggs
1 $\frac{1}{2}$ cups flour	1 tsp. baking soda	$\frac{1}{2}$ tsp. cloves	$\frac{1}{2}$ tsp. allspice
1 tsp. cinnamon	2 cups diced raw apple	1 cup raisins	1 cup sugar
		1 cup walnuts, chopped	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, and nuts.
- Pour into greased and floured 13 x 9 inch pan.
- Bake in 350 degree F oven for 30 - 40 minutes or until toothpick comes out clean.
- Good with cream cheese frosting or whipped cream.