

Dried Pinto Bean Recipes



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How to Prepare Dried Pinto Beans for Entrees, Side Dishes, and Desserts

Crock Pot Method:

- Rinse 1 lb. dried pinto beans. Remove debris. Place beans in a crock pot.
- Cover with water 4 in. above beans. Cover the pot. Cook on low for 3 - 6 hours until beans are tender.
- Add more water if necessary. Check beans for doneness. Drain and rinse the beans. Cool beans.
- Add to chosen recipe or freeze in 2 cup (16 oz.) quantities in Ziploc baggies for later use.

Stove Top Method:

- Rinse 1 lb. dried pinto beans. Remove debris. Add beans to a large pot.
- Add enough water to cover 3 inches above beans. Place cover on pan and soak overnight.
- Drain, rinse, and place beans back in pot. Add fresh water 3 in. above beans. Cover and bring to a boil.
- Turn down heat to low. Simmer on stove top for 4 - 6 hours or until beans are tender.
- Add water if necessary. Add to chosen recipe or freeze in 2 cup (16 oz.) quantities in Ziploc baggies

Pinto Bean Salad

You will need:

2 cups COOKED pinto beans	2 tbsp. mild white vinegar	1 - 2 tbsp. fresh lime juice
1 or 2 avocados, sliced into $\frac{1}{2}$ in. squares	$\frac{1}{2}$ cup finely chopped red onion	$\frac{1}{2}$ - $\frac{3}{4}$ cup finely chopped cilantro
1 cup cherry tomatoes cut in halves	1 - 2 tbsp. olive oil	salt and pepper to taste

Instructions:

- Blot cooked pinto beans with a paper towel and put into a bowl. Toss with vinegar.
- Allow beans to marinate while preparing other ingredients. Cut avocado(s) into $\frac{1}{2}$ in. cubes.
- Cut cherry tomatoes into halves or quarters. Chop red onion and cilantro.
- Mix onions and cilantro into beans. Gently fold in avocado and tomato. Drizzle salad with olive oil.
- Season to taste with salt and pepper. Add more lime juice or olive oil if desired. Serve right away.

Pinto Bean Cookies

You will need:

$\frac{3}{4}$ cup cooked and pureed pinto beans	$\frac{3}{4}$ 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	2-1/4 cups all-purpose flour	1 tsp. baking powder
1 tsp. baking soda	1 tsp. salt	1 bag (10 oz.) chocolate chips
		$\frac{1}{2}$ 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 onto greased cookie sheet. Bake for 10 - 12 minutes or until golden brown.

Refried Beans with Eggs

You will need:

Refried Beans:

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

Huevos Rancheros:

4 eggs 4 tortillas $\frac{3}{4}$ cup shredded cheese 4 green onions 1 small jar salsa 2 tbsp. butter

Instructions:

- Heat oil in a large skillet over medium high heat. Add onion and cook until tender.
- 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.
- 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.

Pinto Bean Casserole

You will need:

2 cups COOKED pinto beans 1 lb. ground beef or turkey 1 package (15 oz.) cornbread mix
1 package Colby or Monterey jack cheese, shredded 1 (1.25 oz.) package taco seasoning mix (optional)

Instructions:

- Preheat oven to 425 degrees F. Brown and crumble meat over medium-high heat in a large skillet.
- Drain the meat. Mix taco seasoning with $\frac{3}{4}$ cup water. Add to meat mixture.
- Bring to a boil. Stir and simmer for 5 min. Place meat in bottom of 9x9 casserole dish.
- Layer mashed or whole pinto beans on top of meat. Layer bag of cheese on top of beans.
- Prepare cornbread mix according to package instructions. Spoon cornbread mix on top of cheese.
- Place casserole dish into oven. Cook until cornbread is done, 20 - 30 minutes.

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 or to taste
 $\frac{1}{2}$ tsp. ground black pepper $\frac{1}{2}$ cup water cilantro, garlic, 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.

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 cup sugar
1 tsp. cinnamon 2 cups diced raw apple 1 cup raisins 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 min.
- Good with cream cheese frosting or whipped cream.