

# Dried Pinto Bean Recipes



Neighbors, Inc., South St. Paul, MN 55075

## 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.