

PINTO BEANS



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GROWING

Pinto beans are grown across the United States, and Colorado is one of the top eight state to grow them. They are planted in the ground and produce a small bushy plant with yellow or green "pods" that contain beans. Pinto beans have brown and black spots.



SELECTING

When selecting beans, choose dried beans that are firm, uniform in color and not shriveled. If you choose canned beans, choose ones canned with less sodium.



STORING

Store dry beans in a cool room, away from moisture and in areas away from pets. Store canned items at room temperature and discard if they become expired.



BODY

Naturally, beans are sodium, fat and cholesterol free. They are high in dietary fiber, folate, potassium, and protein. Beans are vegetables and a healthy diet should contain at least 2-3 cups of vegetables per day. Beans can also be considered a lean protein source.



KITCHEN

Pinto beans have a earthy flavor and can be used in a lot of ways. To cook dried beans, soak overnight in water, drain, put beans in a large pot with water, bring to boil then reduce to simmer. Check after an hour for doneness and add salt when they are barely tender. Simmer until done.



TRI-RIVER AREA
COLORADO STATE UNIVERSITY
EXTENSION

PINTO BEANS

DID YOU KNOW?
PINTO BEANS WERE FIRST GROWN OVER 5,000 YEARS AGO BY MEXICAN AND PERUVIAN CULTURES.

BEEF & PINTO BEAN CHILI

Makes: 8 Servings, Total Time: 2 hr 50 min

8 ounces dried pinto beans
3 cans (14.5 ounces each) diced tomatoes
2 large green bell peppers, seeded and chopped
2 tablespoons vegetable oil
4 cups chopped onions, about 4 large onions
3 cloves garlic, minced
1/4 cup chopped parsley
3 tablespoons butter or margarine
3 pounds lean ground beef
1/4 cup chili powder
4 to 5 teaspoons salt, or to taste
1 teaspoon ground black pepper
1 teaspoon ground cumin

Directions

1. Rinse pinto beans. Place beans in a large bowl; cover with water and let stand overnight in the refrigerator. Drain before cooking.
2. Place drained beans in a large pot; add water to cover. Bring to a boil; reduce heat, and cover the pan. Simmer the beans for 45 minutes, or until they are tender. Bean skins should burst when you blow on a few in a spoon. Add the tomatoes and simmer for 5 minutes. Set beans aside.
3. In a large skillet or sauté pan add in 2 tablespoons of vegetable oil, sauté chopped onions and bell pepper until softened, tiring frequently. Add the garlic and chopped parsley and cook for 2 more minutes.
4. In a large skillet, melt 3 tablespoons butter or margarine over medium heat. Add the ground beef and cook, stirring and breaking up, until no longer pink. Add the onion and bell pepper mixture to the beef; stir in chili powder and cook for 10 minutes. Add beef mixture to beans and stir in the ground black pepper, ground cumin, and salt to taste.
5. Cover and simmer for 1 hour. Remove cover and continue cooking for about 30 minutes. Skim off excess fat before serving. Recipe from TheSpruce.com

<https://www.thespruce.com/ground-beef-and-pinto-bean-chili-3057204>



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