



MAY 2024



Like other bean varieties, pinto beans add flavor, texture and color to many dishes. They can be used as a plant-based protein source for vegans and vegetarians. Pinto beans are commonly used in savory and sweet dishes like salsas, soups, or bowls. You can find and purchase pinto beans dried or canned. They are affordable, easy to prepare and nutritious. They contain high amounts of protein and fiber to promote satiety.

PINTO BEANS

FIBER

Fiber digests slowly which increases satiety, helps to regulate blood sugar levels, and may decrease your LDL (bad) cholesterol levels. Foods with 5 grams of fiber or more per serving are considered a high-fiber food. Pinto beans can have around 8 grams of fiber per 1/4 cup.

PROTEIN

Protein helps with satiety and can reduce snacking between meals. For most people, 15-20 grams of protein at meals is a good goal to strive for. Pinto beans can provide up to 10 grams of protein per 1/4 cup. To reach your goals, you could increase your serving of beans or add another protein source like chicken or ground turkey.

PINTO BEANS

Serves 8-12

All you need:

- 2 cups dry pinto beans
- 1 tbsp avocado oil
- ½ white onion, chopped
- 1½ tsp cumin
- ½ tsp oregano
- 2 tsp salt
- Black pepper, to taste
- 8 cups water, plus more as needed
- 1 tbsp lime juice
- Chili powder, to taste (optional)
- Cilantro, for garnish (optional)



All you do:

1. Place the beans in a large colander, rinse, and transfer to a large bowl. Cover with 2 to 3 inches of water. Soak at room temperature for 8 hours or overnight. Drain and rinse.
2. In a large pot, heat the oil over medium heat. Add the onion and sauté until soft, about 5 minutes.
3. Stir in the cumin and then add the beans, water, oregano, salt, and pepper. Bring to a boil. Reduce the heat and simmer, uncovered, until the beans are tender. Add more liquid to the pot, as needed, to keep the beans submerged.
4. Turn off the heat and stir in the lime juice. Season the beans to taste with more salt, more pepper, and chili powder, if desired. Garnish with cilantro, if using. Store the beans in an airtight container in the fridge for up to 5 days, or freeze them for up to 3 months.

Recipe: www.loveandlemons.com/pinto-beans-recipe/

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Nutrition questions or concerns?
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