



All Natural

Pinto Beans



Beans

Beans are a good source of protein, vitamins, and fiber along with being convenient and versatile. You can have them as a healthy side dish or add them to soups, salads, stews and chilis for increased nutritional value and flavor.

Pinto Beans

Augason Farms Pinto Beans provide protein and an easy addition to chili, soups or stews.

Refried Beans

2 cups Augason Farms Pinto Beans
5 cups water
1 large onion
1/2 to 1 cup bacon drippings or butter
Salt to taste

Combine beans, water and onion. Bring to a boil. Cover and remove from heat for 2 hours. Drain and rinse. Cover with water and bring to a boil. Then simmer slowly until beans are tender (about 1 - 1 1/2 hours). Start mashing the beans a portion at a time in the oil. To achieve the unique flavor of refried beans, slowly fry the starches inside the beans in the oil. Mash a little at a time to achieve the desired results. Salt to taste.

DIRECTIONS:

Soaking overnight

- Cover each cup of beans with 3 cups of water and let stand overnight or for 12 hours.
- Cover and simmer slowly until beans are tender, about 2 hours.
- Add more water if necessary.
- Season with salt, pepper, onion and/or garlic.

Use in bean salads, chili, casseroles, etc.

Quicker results

- Add 1 cup dry beans to 3 cups boiling water.
- Boil 2 minutes and let stand for one hour.
- Cover and simmer slowly until beans are tender, about 2 hours.
- Add more water if necessary.
- Season with salt, pepper, onion and/or garlic.

Can be ground into flour for thickening sauces or soups, adding more protein.

This product is inherently gluten free and packaged at Augason Farms' Certified Gluten Free Manufacturing and Packaging Site to prevent cross contamination. The product's taste and consistency are the same as the standard non-gluten-free product.

INGREDIENTS: Pinto beans.

Processed in a dedicated gluten free manufacturing and packaging site.

Pinto Wheat Bread

1 cup bean puree made with Augason Farms Pinto Beans
1 cup warm water
1 tablespoon honey
1 package active dry yeast
2 tablespoons vegetable oil
1 teaspoon salt
2 cups whole wheat flour
1/2 to 3/4 cup all-purpose flour

Prepare bean puree. In a large bowl, combine water and honey stirring until completely mixed. Dissolve yeast in mixture. Let stand until bubbly. Stir in bean puree, vegetable oil and salt. Add whole wheat flour. Mix well. Stir in all-purpose flour until dough is stiff. Knead until smooth and elastic on a lightly floured surface. Place in bowl and let rise until doubled in size. Knead dough a few times. Shape into a loaf. Place in 9"x5" greased glass pan. Cover and let rise until doubled in size. Bake at 350°F for about 45 minutes.

Nutrition Facts

Serving Size: 1/4 cup (43g)
Servings Per Container: 432

| Amount Per Serving | |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Calories 70 | Calories from Fat 0 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 17g | 67% |
| Sugars 1g | |
| Protein 8g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 0% | • Iron 20% |
| *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories | 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 Carbs 4 Protein 4 | |

00140-0911

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

432 SERVINGS
NET WT. 41 LBS (18.59 kg)