



Product Data Sheet

July 2020

Raw, Dry, Pinto Beans **USA Grown Organic**



Directions: Sort and rinse the beans to be used. Reclose the Ziplok and Store in cool, dry place. Soak the beans in excess water, preferably overnight. Cook the soaked beans, covered, in 2-3X water with any seasoning you like, included, for about 90 min or till the beans are tender to your liking. A touch of baking soda added will help a lot with cooking time. Add water as needed while the beans are cooking so there is always plenty of free water. Use these cooked, rinsed beans in any recipe of your choice, or try the following:



Southern Pinto Beans: In a heavy sauce pan, sauté 2 cups diced onions, ½ cup diced green peppers (sweet or hot), 4-6 mashed garlic cloves using 2 Tbsp salad oil. Add 15 oz can of crushed tomato, 3 cups of cooked, drained Pinto beans, 1 Tbsp chili powder (Check, it may have salt) 1 tsp cumin powder, ½ tsp oregano, 2 bay leaves. Adjust usage of chili powder based on it's contents. Cook on low heat covered while adding water as needed, for 30 min or more. Enjoy with JYOTI Basmati Supreme Rice or Corn or wheat tortillas.

| Nutrition Facts | Amount/Serving | % DV * | Amount/Serving | % DV * |
|---|----------------------------------|-----------|------------------------|-----------|
| | 36 servings per container | | | |
| Serv. Size 1 oz (28g) | Total Fat 0g | 0% | Total Carb. 18g | 6% |
| Calories 100 per serving | Sat. Fat 0g | 0% | Fiber 4g | 16% |
| | <i>Trans Fat</i> 0g | | Total Sugars <1g | |
| | Cholest. 0mg | 0% | Incl. 0g Added Sugars | 0% |
| | Sodium 0mg | 0% | Protein 6g | |
| Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.4mg 8% Potassium 390mg 8% | | | | |

Ingredients: Dark Red Organic Pinto Beans



**Grown and Packed
in the USA**

