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PINTO BEANS FACT SHEET

- History:** Grown in the Southwestern United States, Pinto beans are also common in Spanish-speaking countries.
- Description:** Uncooked pinto beans have mottled beige and brown spots on a pink background, hence the name *pinto*, which is Spanish for “painted.” When cooked, they lose their spots and develop a fine, gentle texture and earthy flavor.
- Uses:** Pinto beans are used in soups and stews, in Mexican bean dishes and served with rice. Pinto beans are commonly used when making Refried Beans – the essential protein on so many plates of Mexican American food.
- Recipes:** Popular recipes include Bean Soup, Taco Soup, Texas Chili Pie and Hearty Mixed Bean & Beef Casserole.

Bush’s Best Santa Fe Beans

- 1 (15 oz.) can Bush’s Black Beans, drained
- 1 (15 oz.) can Bush’s Pinto Beans, drained
- 1 medium green pepper, diced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil or canola oil
- 1 (14 ½ oz.) can chicken broth
- ½ teaspoon ground cumin
- 1 tablespoon red wine vinegar
- 1 (10 oz.) can diced tomatoes and green chiles, undrained
- 1 (10 oz.) package frozen corn, thawed

- 1 cup cooked rice
- 6 grilled chicken breasts

In a large skillet, sauté green pepper, onion and garlic in oil for 3 minutes. Stir in broth and cumin. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add Bush’s Black Beans and Pinto Beans, tomatoes with chiles, corn and vinegar. Heat through. Serve over rice with grilled chicken.

Serves 6.

Fun Bean Fact: *The average American consumes approximately 7.5 pounds of beans annually. (northharvestbean.org)*