

Pinto Beans

Total Cook Time: 2 hours

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1-2 tsp (2-4 tsp)* salt
- Optional toppings and garnishes: melted cheese, pico de gallo, olives, sour cream, chips

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 4 cups (8 cups)* of water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 50 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove and discard the bay leaves.
5. Pour beans and liquid into a strainer. IMPORTANT: Strain liquid into a bowl and do not discard. Pour beans back into the pressure cooker pot.
6. Add 1 teaspoon (2 teaspoons)* salt to the beans, taste and add more if needed.
7. Optional: For a refried bean-like texture, mash with a potato masher or blend slightly with an immersion blender. Add the strained liquid until beans have reached your desired consistency.
8. Serve hot. Enjoy as a chip dip with a scoop of sour cream, avocado, pico de gallo, and/or shredded cheese, or in a taco or quesadilla.

Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker pot. Add the said amount of liquid above. Cover and cook on HIGH for 3 1/2- 4 hours until the beans are tender. Continue with steps 4-8.

Leftover Suggestions:

- Quesadillas
- Enchiladas
- Tamales
- Tacos
- Chip Dip
- Nachos

Notes:

- Serve these as a delicious side for taco night, or let them be the star of the meal in vegetarian quesadillas, tacos, or enchiladas.

Nutrition Facts

4 servings per container
Serving size
1 cup (156g)

Calories
per serving **410**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 78g	28%
Saturated Fat 0g	0%	Dietary Fiber 19g	68%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 105mg	5%	Protein 24g	
Vitamin D 0mcg 0% • Calcium 130mg 10% • Iron 6.1mg 35% • Potassium 1640mg 35% Vitamin A 240mcg 25% • Vitamin C 14mg 15%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: PINTO BEANS, ONION, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), GARLIC, SPICE, PAPRIKA