HOW TO PREPARE

DRIED BEANS



Remove debris and rinse.

Soak overnight in cool water. Drain.





Cover with water and simmer for 30 mins to 2 hrs.

Drain, season, and serve.



Turn over for a delicious recipe you can try at home!

RECIPE

Pinto Bean & Rice Soup

INGREDIENTS

13/3 cup dried pinto beans

2 tablespoons oil

1 onion, peeled and finely chopped

1 red bell pepper, cored and diced

1 potato, peeled and diced

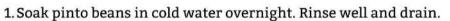
1 garlic clove, peeled and thinly chopped

5 ripe tomatoes, finely chopped, or 2 cans diced tomatoes

Salt to taste

61/2 cups water

3/4 cup brown rice



- 2. Wash all produce ingredients and prepare them as mentioned above.
- 3. Heat olive oil in large saucepan. Add garlic and sauté until lightly golden. Add potato and sauté for about 7 minutes on medium heat.
- 4. Reduce heat to low. Add tomatoes and pinto beans and stir. Pour in cold water and cover with a lid on medium-low heat. Let cook for about 50 minutes and stir occasionally. Add salt and stir.
- 5. Add rice and cook until rice is done. Serve hot.

Makes 4 servings. Recipe adapted from Tasty Mediterraneo.

SNAP (food stamps) can help extend your grocery budget! Call or text 615-310-0752 today for free, confidential help applying for SNAP.

For more assistance, text FEEDS to 797979 or visit secondharvestmidtn.org to find food near you.



