

# HOW TO PREPARE DRIED BEANS



1

**Remove debris  
and rinse.**

**Soak overnight  
in cool water.  
Drain.**

2



3

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



4

**Drain, season,  
and serve.**



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

# RECIPE

## Pinto Bean & Rice Soup

### INGREDIENTS

- 1 $\frac{2}{3}$  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
- 6 $\frac{1}{2}$  cups water
- $\frac{3}{4}$  cup brown rice

1. Soak pinto beans in cold water overnight. Rinse well and drain.
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.



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