Beans

left coast ORGANICS

Organic Pinto Beans

Country of Origin: USA Certified Organic Pro-Cert

Nutrition Facts
Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 340	
Fat / Lipides 1 g	**2** %
Saturated / saturés 0 g + Trans / trans 0 g	**0** %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 10 mg	**0** %
Carbohydrate / Glucides 63 g	**21** %
Fibre / Fibres 24 g	**98** %
Sugars / Sucres 0 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine	10 %
Calcium / Calcium	10 %
Iron / Fer	40 %

Factoid:

Pinto beans can help balance blood sugar levels because of the cholesterol-reducing dietary fibre they contain. They also contain molybdenum, which helps detoxify sulfites (often used as a food preservative) that are ingested.

Ingredients:

Organic pinto beans

Recipe:

Pinto and Red Lentil Loaf

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Ingredients:
3/4 C red lentils
2 C water
1 Tbl olive oil
1 stalk celery, chopped (including the greens)
1 carrot, chopped
1 onion, chopped
1 red bell pepper, chopped
2 Tbl ketchup
1 C pinto beans (or 1 1/2 C cooked, rinsed and drained pinto beans)
1 egg
2 Tbl oat bran
2 Tbl wheat germ
1 C cheddar cheese, grated
Salt to taste

Instructions:
1. Preheat oven to 375F, and grease a loaf pan.
2. Combine the lentils and water in a medium saucepan and boil until they have completely disintegrated and the mixture is thick and creamy, about 30 minutes. Skim off any foam while cooking.
3. Heat the olive oil in a large skillet over medium heat and add the chopped vegetables. Cook, stirring, until tender, about 6 minutes. Add about 1/2 teaspoon of salt, then stir in the ketchup.
4. Put the vegetable mixture, pinto beans, and lentils in a food processor and process until smooth. Transfer to a bowl, and mix in the egg, followed by the oat bran, wheat germ, and cheese.
5. Smooth this into the greased loaf pan, and then bake for about an hour, or until firm. Remove from the oven, let stand for about 10 minutes. Slice to serve.

Cooking Note:

1. For the stove-top method, add 3 cups of water or broth for every cup of dried beans. The liquid should be about 1-2 inches above the top of the beans.
2. Bring the beans to a boil, then reduce to a simmer, partially covering the pot. Skim off any foam during the simmering process.
3. Let beans cook for 1-1 1/2 hours, or until they are tender. Add more water if cooking longer than 1 1/2 hours