

Easy Bean Salad

INGREDIENTS

- 1 medium jalapeño pepper, seeded and minced
- 1 large clove garlic, minced
- ¼ cup fresh cilantro, minced
- ¼ cup fresh parsley, minced
- 2 tablespoons sweet onion, minced
- 2 tablespoons lime juice
- 1½ tablespoons extra-virgin olive oil
- ¾ teaspoon salt, divided
- ½ cup frozen fire-roasted corn, thawed
- 1 (15-ounce) can no-salt-added cannellini beans, rinsed and drained
- 1 (15-ounce) can no-salt-added pinto beans, rinsed and drained
- 2 medium radishes, thinly sliced

4 SERVINGS
20 MINUTES



Adapted from:
<https://www.eatingwell.com>



PROCEDURE

1. Place jalapeño, garlic, cilantro, parsley, and onion on a cutting board. Finely chop together until well minced.
2. Transfer mixture to a large bowl.
3. Add lime juice, olive oil, and ¼ teaspoon salt. Stir to combine.
4. Microwave corn in a small bowl on high for about 45 seconds, or until thawed.
5. Add corn, cannellini beans, pinto beans, radishes, and the remaining ½ teaspoon salt to the bowl.
6. Toss all ingredients together until evenly mixed.
7. Cover and refrigerate for about 1 hour before serving.

Pinto Bean Soup

INGREDIENTS

4 SERVINGS
35 MINUTES

- ½ tablespoons vegetable oil
- 1 medium onion diced
- 3 cloves garlic minced
- ¾ teaspoon ground cumin
- ¾ teaspoon dried oregano
- ½ teaspoon smoked paprika
- 2¼ cups vegetable broth
- 3 cans pinto beans 15 ounces each, drained and rinsed
- ½ cup fresh corn kernels
- 1 can fire-roasted diced tomatoes 15 ounces
- salt & pepper, to taste
- **optional toppings:** low-fat sour cream or greek yogurt, low-fat cheese, or cilantro



Adapted from:
<https://www.foodfaithfitness.com>



PROCEDURE

1. Add oil to a large pot over medium heat. When the oil is hot, add diced onion and cook until softened, about 5 minutes. Add minced garlic and cook for another minute.
2. Stir in cumin, oregano, and smoked paprika, cooking for about 1 minute, until fragrant.
3. Add vegetable broth, pinto beans, corn, and fire-roasted tomatoes to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes, allowing flavors to meld.
4. Season the soup with salt and pepper to taste. Serve hot, garnished with fresh cilantro and a sprinkle of your favorite cheese. Add a dollop of low-fat sour cream or Greek yogurt on top, if desired.

Pinto Bean Dip

INGREDIENTS

4 SERVINGS
20 MINUTES

- 15 oz pinto beans, drained and rinsed
- 1/3 cup nonfat Greek yogurt
- 1/3 cup salsa, or pico de galo
- 2 tablespoons water
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- salt to taste
- 2 tablespoons low fat cheddar cheese
- optional: cilantro, jalapenos, salsa for topping



Adapted from:
<https://skinnyfitalicious.com>



PROCEDURE

1. Preheat oven to 450 F.
2. Place all the ingredients except the cheese in a food processor or blender. Blend on high or until smooth. Scrape down the sides and blend again.
3. Transfer the mixture to an 8-inch by 8-inch casserole dish. Spread into an even layer then top with cheese.
4. Bake 15 minutes until the cheese is melted then remove from the oven and serve immediately warm.
5. To reheat, bake in the oven at 350 F for 10-15 minutes or in the microwave 2-3 minutes on high.

Refried Bean Quesadillas

INGREDIENTS

- 1 15 oz can Pinto beans
- 2 cups low-fat shredded cheese
- 8-16 Tortillas 6" to 8"
- 1/2 tsp Cumin
- 1/2 tsp Garlic powder
- 1-2 tsp Vegetable oil

4 SERVINGS

19 MINUTES



Adapted from:

<https://myfamilynutritionist.com>



PROCEDURE

1. Open the can of beans, drain the liquid, and rinse. Add beans to a food processor or blender along with seasonings and mix until smooth consistency. Set aside.
2. Heat a frying pan to medium-high. While the pan is heating, assemble your quesadillas by spreading the refried bean mixture on half of a tortilla. Sprinkle on enough shredded cheese to cover the smashed beans and fold the tortilla in half.
3. Add some vegetable oil to grease the pan. Place the quesadilla on the greased pan and cook until the bottom side of the tortilla is golden brown. Flip the quesadilla and repeat.
4. Remove the quesadilla from the heat and let cool slightly before cutting. Serve with your favorite dip, shredded lettuce, or Mexican rice.

Pinto Bean Tostada Recipe

INGREDIENTS

- 2 (15-ounce) cans pinto beans
- 1 (4-ounce) can diced green chiles
- ¼ cup low sodium vegetable or chicken broth
- juice of 2 limes, divided
- 1 teaspoon salt, divided
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 3 large tomatoes
- 1 jalapeño
- ¼ white onion
- ½ bunch cilantro
- 1 avocado
- 10 tostada shells
- 1 cup shredded lettuce
- ½ cup low-fat shredded cheese

4 SERVINGS

26 MINUTES



Adapted from:

<https://www.tastingtable.com>



PROCEDURE

1. Preheat the oven to 300 F.
2. Drain the beans and mash them with a fork or put them in the food processor. You want them to remain a little chunky.
3. In a small pot, combine the mashed beans, green chiles, broth, juice of ½ lime, ½ teaspoon of salt, garlic powder, and pepper. Set the heat to medium and cook for 8 minutes, then lower temperature to simmer and cover until ready to use.
4. Chop the tomatoes and place them in a colander in the sink to drain for 10 minutes. Dice the jalapeño and onion. Chop the cilantro, removing all large stems. In a large bowl, juice the remaining limes and combine with the tomatoes, jalapeño, onion, cilantro, and the remaining salt. Cover and chill the pico de Gallo until ready to use.
5. Slice the avocado and place the tostada shells in the oven to warm up for 3 minutes.
6. Layer the tostadas, starting with the bean mixture, then lettuce, cheese, avocado, and pico de Gallo.
7. Serve right away.

Tasty Heart-Healthy Chili

INGREDIENTS

- 1 lb lean ground beef
- 1 can no-salt-added pinto beans
- 1 can no-salt-added kidney beans
- 1 can low-sodium crushed tomatoes
- 1 can low-sodium tomato puree
- 4 teaspoons oregano
- 4 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons Tabasco sauce
- ¼ teaspoon salt
- 1 ½ teaspoons black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons minced garlic
- 1 ½ cups chopped onions
- 1 ½ cups chopped green peppers

8 SERVINGS
4HRS 20MINS



Adapted from:
<https://www.food.com>



PROCEDURE

1. Brown ground beef in skillet, drain well and place in crockpot.
2. In the skillet used for the ground beef, brown peppers, onion, and garlic on medium heat until soft. Transfer to crockpot.
3. Place all remaining ingredients into crock pot, mix and cover with lid.
4. Cook at low heat for 4- 8 hours.

Brown Rice Burrito Bowl

INGREDIENTS

- 1 avocado, or 1/4-1/2 an avocado per bowl
- 2 cups cooked brown rice, or about 1/2 cup per bowl
- 1 19 oz can pinto beans, drained and rinsed (or about 1/2 cup per bowl)
- 2 cups corn, or 1/2 cup per bowl
- 1 bunch romaine lettuce, or about 2 cups shredded per bowl
- 1 cup salsa, or about 1/4 cup per bowl

4 SERVINGS

10 MINUTES



Adapted from:

<https://runningonrealfood.com>



PROCEDURE

1. Prepare 4 bowls or containers.
2. Divide the ingredients between 4 servings.
3. Enjoy right away as is or top with fresh cilantro and a squeeze of lime.

Easy Refried Beans

INGREDIENTS

- 1 tablespoon vegetable oil
- ½ cup finely chopped yellow or white onion (about ½ small onion)
- ¼ teaspoon salt
- 2 cloves garlic, pressed or minced
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- 2 cans (15 ounces each) pinto beans, rinsed and drained, or 3 cups cooked pinto beans
- ½ cup water
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice (about ½ medium lime), to taste

4 SERVINGS

25 MINUTES



Adapted from:

<https://cookieandkate.com>



PROCEDURE

1. In a medium saucepan over medium heat, warm vegetable oil until shimmering. Add the onions and salt. Cook, stirring occasionally, until the onions have softened and are turning translucent, about 5 to 8 minutes.
2. Add the garlic, chili powder and cumin. Cook, stirring constantly, until fragrant, about 30 seconds. Pour in the drained beans and water. Stir, cover and cook for 5 minutes.
3. Reduce the heat to low and remove the lid. Use a potato masher or the back of a fork to mash up about at least half of the beans, until you reach your desired consistency. Continue to cook the beans, uncovered, stirring often, for 3 more minutes.
4. Remove the saucepan from the heat and stir in the cilantro and lime juice. Taste, and add more salt and lime juice if necessary. If the beans seem dry, add a very small splash of water and stir to combine. Cover until you're ready to serve.