



# SIMPLY GOOD FOOD

## *Pinto Beans*

Pinto beans are mottled beige and brown colored. Currently they are America's most popular bean. The pinto is used extensively in Latin American and Southwestern cooking.

Dry beans are food bargains. They are an excellent source of protein—in fact, dry beans provide more protein for your money than most other foods. Dry beans provide a wealth of energy and nutrition at a cost per pound that is nominal. They contain B vitamins, such as thiamin and riboflavin. They are real nuggets of mineral value for the iron they provide.

### Microwave Mexican Manicotti

½ lb ground chuck  
1 tsp oregano  
8 manicotti shells  
¼ cup chopped green onion tops  
½ cup low fat sour cream  
½ cup grated cheese

1 cup refried beans  
½ tsp cumin  
1 cup picante sauce  
¼ cup chopped green chilies

Combine beef, beans, oregano and cumin in bowl and mix well. Stuff into uncooked manicotti shells; arrange in glass 6 x 10 inch baking dish. Pour mixture of picante sauce and 1 ¼ cups water over top. Microwave, covered, with plastic wrap, on high for 10 minutes; turn dish and turn manicotti over. Microwave on medium for 17 minutes, turning dish once. Mix green onion tops, chilies and sour cream in bowl. Spoon over manicotti; top with cheese. Microwave on high for 2 to 3 minutes or until cheese melts. Yields 4 servings.

Calories - 401.73; Protein 25.43 g; Carbohydrates - 34.77 g; Dietary Fiber 5.78 g; Total Fat 17.10 g; Saturated Fat - 7.72 g; Cholesterol 68.17 mg; Sodium 719.26 mg.

### Pinto Bean Pie

½ c. hot pinto beans (mashed), 1 ½ cups sugar, 1 tsp. Vanilla, ½ cup hot melted butter or margarine, 2 beaten eggs, ½ cup coconut

Mash beans, add butter and sugar. Mix well. Add vanilla, eggs and coconut; stir well. Pour into 9 inch unbaked pie shell. Bake at 350° for 1 hour





## Corn Bread Casserole

2 lb ground beef  
2 medium onions, chopped  
1 cup chopped green pepper  
1 10 oz can chili  
2 tsp salt  
½ tsp pepper  
2 tsp chili powder  
1 - 17 oz. can whole kernel corn, drained  
2 cups pinto beans (cooked)

1 cup cornmeal  
1 cup sifted flour  
¼ cup sugar (optional)  
4 tsp baking powder  
½ tsp salt  
1 egg  
1 cup milk  
¼ cup shortening

Brown ground beef, onions and green pepper in skillet, stirring frequently. Add chili, seasonings, corn, beans and 1 cup water, mixing well. Simmer for 15 minutes. Pour into a 9x13 inch baking dish.

Sift cornmeal, flour, sugar, baking powder and salt into bowl; add egg, milk, and shortening, beating well. Pour over ground beef mixture. Bake at 425°F for 20 to 25 minutes or until brown. Yields: 8 servings.

Calories - 719; Protein 34.6 g; Total Fat 37.1 g; Cholesterol 122.1 mg; Carbohydrates 62.4 g; Sodium 1326 mg; Potassium 843.4 mg.

### Refried Beans

2 cups cooked pinto beans; 1 cup pinto bean broth; ½ cup finely chopped onion; 1 clove garlic; 1-2 tsp ground cumin; ½ cup finely chopped cilantro; salt

Place broth in large frying pan, add onions and garlic and allow to simmer until soft. Add beans and mash until desired consistency with a potato masher. Add seasonings as desired.

Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Arla G. Felts, CEA-FCS  
Hale County Extension Service  
P. O. Box 680  
Plainview, Tx. 79073-0680

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