



26
SERVINGS



**SHELF LIFE UP TO
30 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Pinto Beans

Nutrition Facts

Serving Size: 1/2 Cup (86g dry)
Servings Per Container: 26

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories	300		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	54g	18%	
Dietary Fiber	20g	80%	
Sugars	4g		
Protein	18g		
Vitamin A	0%	Vitamin C	10%
Calcium	10%	Iron	10%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

DIRECTIONS:

Soaking overnight

1. Cover each cup of beans with 3 cups of water and let stand overnight or for 12 hours.
2. Cover and simmer slowly until beans are tender, about 2 hours.
3. Add more water if necessary.
4. Season with salt, pepper, onion and/or garlic.

Use in bean salads, chili, casseroles, etc.

Quicker results

1. Add 1 cup dry beans to 3 cups boiling water.
2. Boil 2 minutes and let stand for one hour.
3. Cover and simmer slowly until beans are tender, about 2 hours.
4. Add more water if necessary.
5. Season with salt, pepper, onion and/or garlic.

Can be ground into flour for thickening sauces or soups, adding more protein.

INGREDIENTS: Pinto beans.

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