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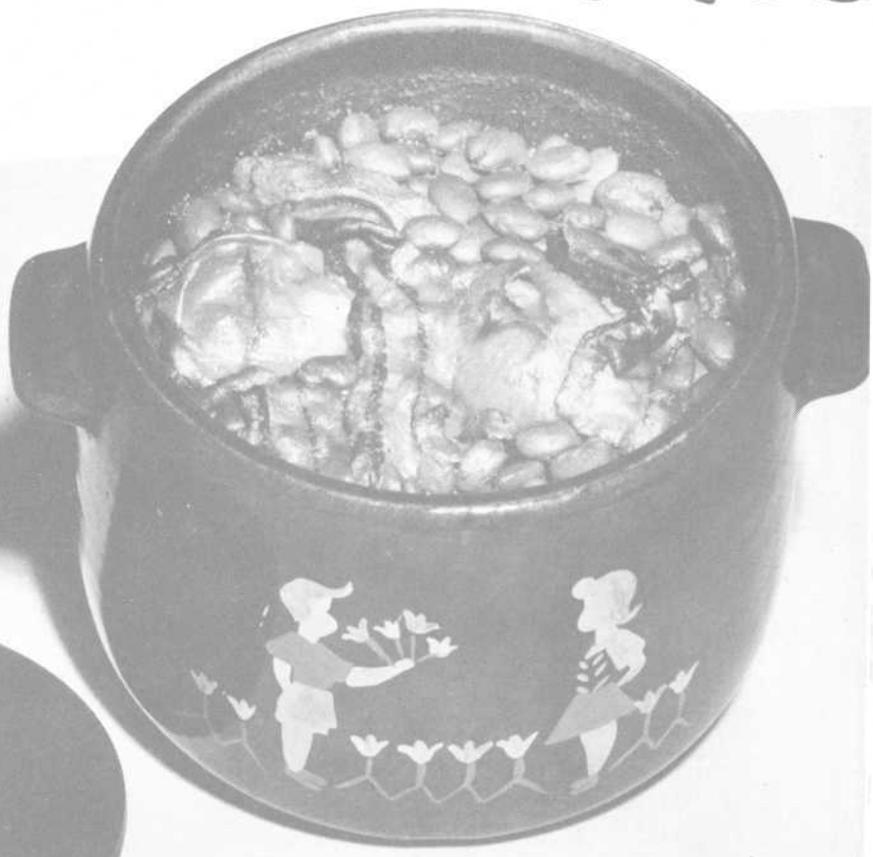
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NEW

Ways of Cooking

PINTO BEANS



Circular 234

Here's What This Circular Tells You About BEANS

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New Ways of Cooking

PINTO BEANS

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Beans are easy to cook, and they taste so good!

With the new, short-cut method and special recipes shown in this circular, you can use beans often in meals that will really make a hit with your family or friends.

Beans always are a popular dish. And **Pinto Beans** especially are favorites in our Great Southwest.

Beans Are Good Food!

Beans (frijoles) are an excellent food. They are important in the diet and easy on the budget. Here's what they provide:

Energy

Beans provide energy. They are a food that "sticks to the

ribs"—food that gives what it takes for work and play.

Protein

Among the vegetables, dried beans come nearest to meat, eggs, milk, and cheese as body builders. That's why beans take first place when these foods are scarce.

The protein of beans is incomplete so you get the most good from beans if you serve them in the same meal with meat, cheese, milk, and bread. Pork and beans, chile beans, and green-chile burros are good team-mates for flavor and nutrition.

Iron

Beans are rich in iron. The iron is in a form that is readily used by the body.

Calcium

Beans have lots of calcium, which helps to build strong bones and teeth. Calcium also helps keep your body running smoothly.

The B Vitamins

Pinto beans are an excellent source of the B vitamins. All of the B vitamins help to keep your body running smoothly.

Thiamine

Cooked beans contain less thiamine than raw beans, since thiamine is destroyed by heat and by baking soda. Thiamine helps your body to make heat and energy from the starchy and sweet foods you eat. It also gives you a good appetite.

Pork contains more thiamine than any other kind of food. Pork is a perfect team-mate for beans.

Riboflavin

Cooked pinto beans contain a large amount of riboflavin. Very little of it is lost in the soaking water. Riboflavin helps keep your skin healthy and helps you to see more clearly.

Vitamin B⁶ (Pyrodoxine)

Cooked beans are an excellent source of pyrodoxine. But cooking beans with soda, or in the pressure cooker tends to destroy this vitamin.

Vitamin B⁶ is necessary for the proper use of proteins in the body. It appears to have an essential role in the body's use of fat.

Other Vitamins

Beans lack vitamin C (ascorbic acid) and pro-vitamin A (carotene).

Beans Are Bargains

Beans are easy on your food budget. One pound of dry beans will provide 7 to 9 servings. One-fourth cup of dry beans makes one serving.

They Are Easily Stored

Dry beans are easily stored. Put them in a tight bag or can to shut out dust, bugs, and mice. Keep dry beans in a cool, dry place.

Easy Time-Saving Way to Cook Pinto Beans

(Using Pressure Sauce Pan)

Yield: 8-10 servings

Directions:

1. Wash and sort beans.
2. Measure $4\frac{1}{2}$ cups of water into kettle. Bring to boil. (Proportion—3 parts water to 1 part

beans.) Add $1\frac{1}{2}$ cups of dry beans and boil as follows:

For 2 minutes at sea level.

For 3 minutes at 3,000 feet.

For 4 minutes at 5,000 feet.

For 5 minutes at 7,000 feet altitude.



Bring beans to boil in the pressure pan without lid. Check carefully the time of boiling at your altitude (bottom of page 4).

3. Remove from heat. Allow beans to soak in this water for 1 hour.

4. Add 2 tablespoonfuls pork or bacon drippings to reduce foaming, and $1\frac{1}{2}$ teaspoonfuls of salt.

5. Return kettle to stove. Adjust lid.

6. Allow steam to vent for 1 minute, as indicated by a steady flow of steam.

7. Place pressure gauge and bring to **15 pounds pressure** as follows:

For 10 minutes at sea level to 2,500 feet.

For 12 minutes at 3,000-4,000 feet.

For 14 minutes at 5,000 feet.

For 15 minutes at 6,000 feet and higher.

8. Allow pressure to fall to zero.

9. Remove lid. The "pressure cooker" taste can be removed by

cooking the beans a few minutes without the lid, after the pressure is down.

Note: If a regular kettle is used for boiling beans, allow $1\frac{1}{2}$ to 2 hours to cook the beans. More time is required at high altitude.

Caution: In cooking dry beans in a pressure saucepan, do not fill more than $\frac{1}{3}$ full of soaked beans and water. Do not use the rack.



Method Used by Spanish Americans

For a great many years Spanish Americans have used this simple method to cook beans.

Beans are not soaked. Put them

on to cook in boiling water. Cook the beans until tender, 4 to 5 hours. Add salt when beans are nearly done.

Hints on Bean Cookery

Use Soft Water

The degree of hardness of water is the most important factor to consider in cooking beans. Use the softest water obtainable for a delicate flavor. Always use soft water to soak "frijoles" as well as in cooking them.

To Soften Hard Water

To soften hard water, you may use the simple method of boiling water vigorously for a period of 20 to 30 minutes in a closely covered kettle. This causes some of the calcium and magnesium salts to settle out. These salts seem to have the effect of hardening the beans.

Use as small an amount of water as possible in cooking beans. Tests show that the more water you add, the harder the beans become.

If beans are soaked, use soaking water for cooking.

Best Cooking Time

There is a certain time during cooking at which the beans will be more tender than at any other. If cooked longer, they will actually become harder rather than softer, since then it will be necessary to add more water.

Be careful not to overcook beans.

Time of Adding Salt

Add salt 15 to 30 minutes before beans are done. Use less salt if water is hard.

Salt contains calcium and magnesium that tend to harden beans.

Use of Soda

The use of soda is not recommended in cooking beans. Soda makes the skins of beans more tender, but it destroys the thiamine.

Molasses

Use three tablespoonfuls of molasses to two cups of cooked beans. White or brown sugar may be used satisfactorily.

Too much molasses makes beans hard and skins tough. This is because molasses contains calcium.

Check Cooking Time

Cook beans 2 to 5 hours at 3,900 feet. At lower elevations cook for a shorter time; at higher elevations, for a longer time.

The length of time is shortened by use of a pressure cooker. Time in cookers differs considerably, depending on whether or not beans have been soaked or par-boiled, and upon the pressure reached. Be sure to check the recipe.

To Test "Doneness"

To test doneness, taste whole, well-plumped bean. It should have a tender skin, and it should be mealy.

Baking Temperature

Bake beans at 325° F. for a high-quality product. Increased

evaporation at higher temperatures results in salt accumulation and increased hardness of the bean.

Check the Quality

1. Beans should be thoroughly cooked. Raw beans have an objectionable taste.

2. Beans should be tender—the skins practically as tender as the inside of the bean. When the skin of cooked beans is tough, the bean is not well cooked.

3. Flavor should be distinctive but not too strong.

4. Beans should be whole and well plumped, not broken and mushy.

5. Color should be attractive.

Recipes For Pinto Beans

Baked Pinto Beans

(A Popular Recipe With Arizona Homemakers)

Yield: 8-10 servings

Time: 3 hours

Temp.: 350° F.

1 pound pinto beans

6 cups water

3 tablespoonfuls brown sugar or molasses

1 can tomatoes and chiles (1½ cups)

½ pound lean bacon, fresh side pork, or ham trimmings

Pinch of oregano (crushed)

½ cup chopped onions

Follow these directions.

1. Fry onions, browning them lightly in fat.

2. Place cooked pinto beans in casserole.

3. Add onions, 3 tablespoonfuls brown sugar or molasses, 1 cup canned tomatoes and chile, 1 teaspoon salt, 1/8 teaspoon pepper, pinch of oregano, and bacon, fresh pork, smoked pork or other meat.

4. Bake covered in 325° F. oven for 30 minutes. Finish baking without cover to brown.

Green Chile Burros With "Frijoles"

green chile peppers

cooked frijoles

flour tortillas



Put the filled chile in the center of a big tortilla and then fold over top and bottom of tortilla.

1. Use fresh, paper-thin flour tortillas, golden brown flecked and bigger than a plate.

2. Fill green chile peppers with piping hot frijoles or frijoles fritos (fried beans).

3. Place filled chile in center of big tortilla. Fold top and bottom of tortilla over stuffed chile and roll to form burro.

4. Eat out of hand or serve with sliced tomatoes and shredded lettuce.

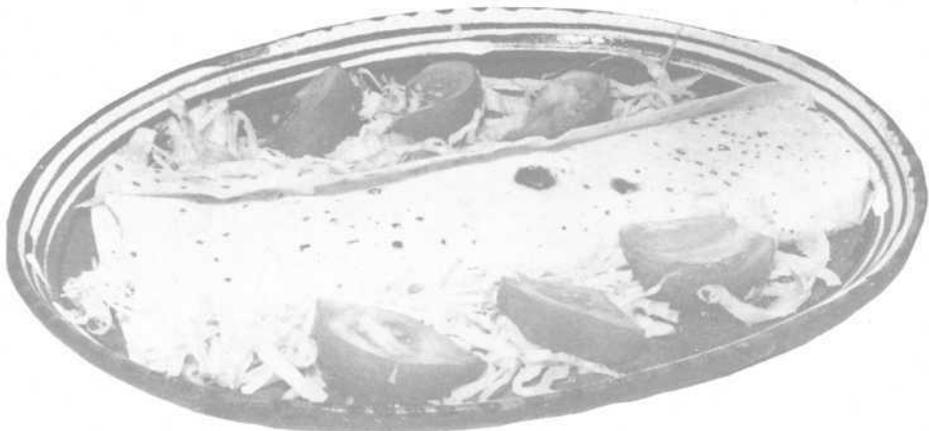
Red Flannel Stew

Yield: 5 to 6 servings

Time: 20 minutes

1 large onion
1 can corned beef
2 cups pinto beans or frijoles
1 can tomatoes or tomato sauce
 $\frac{1}{2}$ pound cheddar cheese
chile powder
corn tortillas

Serve Green Chile Burros with tomatoes and lettuce.



1. Saute chopped onions.
2. Add beans (1 cup) and mash into a paste.
3. Add remaining beans, meat, chile powder, and tomatoes. Heat.
4. Add cubes of cheese. Heat to melt.
5. Serve on fried tortillas or use stew in place of beans for a chile burro.

Chile Texas Style With Pinto Beans

Yield: 10-12 servings

3 pounds lean beef
 ¼ cup olive oil
 1 quart water
 8 dry red chile pepper pods
 6 tablespoons chile powder
 3 teaspoons salt
 1 clove minced garlic
 1 teaspoon ground comino
 1 teaspoon oregano
 1 teaspoon red pepper
 ½ teaspoon black pepper
 3 tablespoons paprika
 3 tablespoons flour
 6 tablespoons cornmeal or masa
 6 cups cooked pinto beans

1. Brown 1 inch cubes of meat in olive oil until **gray**, not brown; turn frequently.

2. Add one quart water; cover and simmer 1½ to 2 hours—do not boil; or place in covered dish in 325° F. oven.

3. Add all other ingredients but the thickening and cook 30 minutes to blend herbs.

4. Skim off red fat if too much.

5. Mix flour and cornmeal with water and add to mixture. Cook 5 minutes, stirring constantly.

6. To serve: place cooked pinto beans in warm bowl and cover with chile. Never cook beans with chile. Serve with finely chopped onion and crackers.

Frijoles Fritos

A Good Way to Use Bacon Fat

Been wondering what to do with that can of bacon fat you have been saving just because you thought you should? One way to really appreciate it is to make delicious Mexican fried beans.

1. Heat ½ cup bacon fat in a skillet and add part of the beans. Mash the beans thoroughly. Add some of the liquid a little at a time and then more beans, repeating the process until all the beans are as thick as you want them.

2. It is important to stir the beans or they will burn. Don't use an iron skillet, as the iron causes the beans to darken.

Frijoles Refritos

To refry the beans, heat some more bacon fat in a skillet and add the fried beans. Cook, stirring until the beans are completely dry. Then you are ready to serve Frijoles Refritos.

Frijoles Refritos Con Queso

If you wish, add cubed cream cheese to the Frijoles Refritos. When the cheese melts, you are ready to serve Frijoles Refritos con Queso.

Western Baked Beans

Yield: 8 to 10 servings

3 cups pinto beans
1 clove garlic, minced
1 or 1½ teaspoons salt
2 small onions
½ cup brown sugar or
sorghum molasses
1 teaspoon chile powder
¾ cup canned strained tomato
3 or 4 slices bacon or
¼ cup diced salt pork

1. Wash the beans and cook them in a pressure saucepan. Or cover them with water and soak them overnight.

2. Heat to the boiling point the water in which the beans were soaked. Add the beans, garlic, and salt, and simmer one hour.

3. Drain the beans, saving the liquor.

4. Place the beans and whole onions in a pot or casserole.

5. Sprinkle the beans with sugar or molasses and chile powder. Cover them with the tomato and 1 cup of the reserved bean liquor.

6. Arrange bacon or onion slices on top. Cover.

7. Bake in slow oven (300° F.) for five hours. If necessary, add more bean liquor.

Chile Con Carne

Yield: 6 to 8 servings

1½ cups dry pinto or pink beans
½ cup diced salt pork
½ cup chopped onion
1 clove minced garlic

½ pound lean meat
2 to 4 teaspoons chile powder
3 cups canned tomatoes
Salt and pepper to taste

1. Soak and cook the dry pinto or pink beans.

2. In another pan, fry (saute) ½ cup of diced salt pork until it is crisp.

3. Brown the chopped onion and minced garlic in the pork fat.

4. Add the ground lean meat, stir, and cook slowly for five minutes.

5. Add 2 to 4 teaspoons of chile powder.

6. Combine the meat, onion, salt pork, and tomatoes with the cooked beans.

7. Add salt and pepper to taste and simmer until the meat is tender and the flavors are well blended. Serve at once.

Hopping John

Yield: 6 servings

2 cups cooked beans
1 cup cooked rice
½ cup diced salt pork
1 onion, chopped
Pepper and salt

1. Brown diced salt pork until crisp.

2. Remove pork and saute chopped onion until yellow.

3. Add cooked rice, cooked beans, and salt pork. Mix to blend.

4. Serve piping hot with sliced tomatoes, shredded lettuce and horseradish.

To Can Baked Beans

(Using Pressure Cooker)

In Glass Jars

Fill glass jar to $\frac{1}{2}$ inch of top of jar with hot baked beans. Adjust lids on jars.

In Tin Cans

Fill can to $\frac{1}{4}$ inch of top of can. Exhaust to temperature of 170° F. Check fill. Seal cans.

Minutes to Process				Pounds Pressure for Altitude of			
Jars		Cans		2000 ft. to 4000 ft.	4000 ft. to 6000 ft.	6000 ft. to 8000 ft.	8000 ft. to 10,000 ft.
Pint	Quart	No. 2	No. 2½				
80	100	95	115	12	13	14	15

To Freeze Prepared Bean Dishes

A freezer carrying a supply of frozen baked and precooked foods is the homemaker's frozen pantry shelf for party fare, unexpected guests, and meals at a minute's notice.

Cooked dry beans freeze especially well. Because freezing—like cooking—softens beans somewhat, cook them until barely tender for the best quality frozen product.

Pack the cooled, cooked beans in freezer containers, leaving head space. Seal and freeze immediately.

Store in moisture-vapor proof containers at zero degrees F. (or lower). Use within two or three months for best quality. Flavor changes may occur if pork fat and spices are present in quantity.

To prepare for serving: Add a small amount of water to the beans and reheat in a saucepan over low heat, stirring frequently to prevent sticking. Or reheat in the top of a double boiler. Or bake at 400° F. (hot oven) until beans are heated through, about 45 minutes for pints, 1 hour for quarts.

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