

# Salsa Pinto Beans

Using your favorite salsa for flavor - these beans are a delicious and oh-so-easy side dish or addition to tacos, burritos, or with chips.

Makes: 8 servings

Prep Time: 5 minutes  
Cook Time: 10 minutes

Source: MyPlate.gov, [recipe/SalsaPintoBeans](https://www.choosemyplate.gov/recipe/SalsaPintoBeans)

## Ingredients

- 1 tablespoon olive oil (or canola oil)
- 1 onion (medium, chopped)
- 1 clove garlic (minced, or 1/8 teaspoon garlic powder)
- 2 cans pinto beans (15 ounces each, drained and rinsed)
- 1 cup salsa

## Directions

1. Heat the oil in a skillet over medium heat.
2. Add the onion and garlic and cook until tender.
3. Stir in the beans and salsa.
4. Cook for 10 minutes.
5. Serve over rice, pasta, or baked potato.

## Utensils Needed

- Colander
- Measuring spoons
- Measuring cup
- Knife
- Cutting board
- Wooden spoon
- Can opener
- Skillet



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe

| Nutrients            | Amount |
|----------------------|--------|
| Calories:            | 155    |
| Total Fat:           | 3 g    |
| Saturated Fat:       | 0 g    |
| Cholesterol:         | 0 mg   |
| Sodium:              | 324 mg |
| Total Carbohydrates: | 26 g   |
| Dietary Fiber:       | 9 g    |
| Total Sugars:        | 2 g    |
| Added Sugars:        | 0 g    |
| Protein              | 8 g    |

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.10

Average cost/serving: \$0.89

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Garlic, 1 head



Add 2 to Cart  
Pinto beans, (15 ounces each,  
drained and rinsed)



Add 1 to Cart  
Small Onion



Add 1 to Cart  
Salsa

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from [snapedny.org](http://snapedny.org) for the following ingredients.
- Onion:
  - Cowboy Salad
  - Tortilla Casserole
- Beans:
  - Vegetarian Chili
  - Rice Bowl Southwestern Style