



**432**  
**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: 1/4 Cup (43g dry)  
Servings Per Container: 432

Amount Per Serving			
Calories 70		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	26g		9%
Dietary Fiber	17g		67%
Sugars	1g		
Protein	8g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	20%
*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4			

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### 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.

Contains oxygen absorber.  
Discard immediately upon opening.

1-800-878-0099

**www.AugasonFarms.com**

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