

Salsa Pinto Beans

Makes: 7 servings

Ingredients

- 1 tablespoon** olive oil (or canola oil)
- 1** onion (small, chopped)
- 1** garlic clove (minced, or 1/8 t of 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.

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	2.5 g	4%
Protein	4 g	
Carbohydrates	15 g	5%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	420 mg	18%