Harveston FARMS™

Distributed by
Harveston Farms™ ©2011
Heber Utah 84032
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www.harvestonfarms.com

DIRECTIONS:

Soaking overnight

1. Cover each cup of beans with 3 cups of water and let stand overnight 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, salt.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

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

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened_____

DH21-0811

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PINTO BEANS

NET WT 5 LBS (2.27 kg)

Nutrition Facts

Serving Size 1/4 cup dry (50g)
Servings Per Container 45

Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 12g	**47%**
Sugars 2g	
Protein 10g	

Vitamin A	0%	• Vitamin C	6%
Calcium	6%	• Iron	15%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4