

EAT THE RAINBOW!

Super Bean Mash

Kid-Friendly • Builds Muscles • Easy to Make at Home

Beans are full of protein and fiber that help build strong muscles and give our bodies lasting energy!

Recipe Information

Makes: About 8–10 tasting portions
Prep Time: 15 minutes
Cook Time: 10 min (canned beans) or
1½–2 hours (dry beans)
Skill Level: Beginner Food Explorers

Ingredients

- 1 pound dry pinto beans -or-
3 cans of low-sodium pinto beans
- ½ onion, diced
- 1 bell pepper, diced
- 5 garlic cloves, diced
- 1 teaspoon olive oil

Seasonings

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon coriander
- ¼ teaspoon cumin
- Salt and pepper to taste

Step 1: Choose Canned or Dry Beans

Fast & Easy:

Use 3 cans pinto beans. Rinse with water.

-OR-

Overnight:

Soak 1 lb dry pinto beans in water overnight. Cook beans until soft and warm.

Step 2: Cook and Mash

Cook in 1 tsp olive oil until soft:

- ½ onion
- 1 bell pepper
- 5 garlic cloves

Add beans and mash together.

Step 3: Season and Stir

Add 1 tsp garlic powder, 1 tsp onion powder, 1 tsp paprika, 1 tsp coriander, ¼ tsp cumin, salt & pepper

Add a little water and stir until creamy.

Step 7: Taste & Explore

Try the bean mash with fruits, vegetables, whole wheat crackers or whole grain tortilla chips, or as a topping for your own creations!

**Enjoy every bite. Draw your Super Produce Pal and
the power it gives you like Tayo!**