

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!

<i>Recipe Information</i>	<i>Ingredients</i>	<i>Seasonings</i>
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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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!