PINTO BEAN BEEF TACOS

SERVES 12

INGREDIENTS

2 cups dry pinto beans (about 1 pound)
2 teaspoons salt
1 1/2 pounds lean ground beef
1 medium onion, chopped
1 medium green pepper, chopped
2 teaspoons chili powder
1 tablespoon cumin (optional)
2 cups tomato sauce
24 taco shells
2 cups shredded romaine lettuce
1 cup shredded cheese

DIRECTIONS

1. Wash and sort beans, soak using the hot soak method. (Soak in 1 1/2-2 quarts of water. In a large pot, heat beans and water to boiling. Boil for 2 minutes, then let stand for 1-4 hours.)

2. In a large pot combine drained soaked beans, salt and 6 cups of water. Bring to a boil, lower heat and simmer until beans are tender, about 90 minutes. Mash beans and set aside.

3. In saucepan or skillet, fry beef with chopped onions and peppers until well done; drain off any excess fat.

4. Add chili powder, cumin and tomato sauce to bean mixture. Cook slowly covered or uncovered for 30 minutes, stirring occasionally. Mix with beef mixture.

5. Fill taco shells with hot filling and bake for 5 minutes at 350 degrees F. Top with lettuce and cheese.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (updated 8/2014)

NUTRITION INFORMATION:

Nutrition Facts

Serving Size 2.00 item(s)

Amount Per Serving

Calories 408

% Daily Value

Total Fat 17.0g 26%

Saturated Fat 6.4g 32%

Trans Fat 2.3g

Cholesterol 60.9mg 20%

Sodium 811.7mg 34%

Total Carbohydrate 36.8g 12%

Dietary Fiber 6.7g 27%

Sugars 3.2g

Protein 26.9g

Vitamin A 22 % Calcium 14 %

Vitamin C 23 % Iron 22 %

Potassium: 877 mg, 25%

SIMPLY GOOD EATING

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