

Flying Home

SF



with Polly Pinto Beans

Recipe

Three Bean Soup

Preparation Time: 30 minutes

- 15 oz Great Northern beans, canned
- 15 oz Red kidney beans, canned
- 30 oz pinto beans, canned
- 46 oz Tomato juice, canned
- 15 oz Stewed tomatoes, canned
- 15 oz Low-sodium vegetable broth
- 15 oz Green beans, canned, drained
- 1 ½ Tbsp Italian seasoning
- 1 Medium onion, chopped
- ¼ Tsp black pepper
- 2 fresh garlic cloves, minced
- Whole grain bread rolls

Combine all ingredients in large pot. Cover and simmer for 30 minutes. Serve with warm whole grain bread rolls.

Talking Points

True or False:
Pinto beans are part of the veggie & protein food groups

Pinto beans provide your body with the mineral _____

Pinto beans originated in _____

- a) Brazil
- b) Mexico
- c) India

WHAT

is Polly Pinto Bean's superpower?

Shopping Tip

- Canned pinto beans can be found in most markets. There is little nutritional difference between canned beans and dry beans.
- Avoid beans canned with extra salt or additives.



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SuperFood[™]
HEROES



polly
pinto

Color Me!