



# PINTO BEANS



**HIGH FIBER**  
See Side Panel For Information About Fiber Content

NET WT 15 OZ (425g)

Serving Suggestions

*Discover the delicious possibilities of Mrs. Grimes® beans! Use our beans in soups, stews, salads and dips or make a tasty sauce to pour over chicken and meat. Follow our serving suggestions or be creative with your own ideas. For an easy accompaniment to any meal, simply season with your favorite herbs, spices and condiments or try one of the delicious recipes on every Mrs. Grimes product! Mrs. Grimes*

**Directions:** Heat; season to taste; serve.

**For Microwave:** Empty contents into microwaveable dish; cover and heat 2-3 minutes.

**Serving Suggestions:**  
**Refried Beans,** mash undrained Pinto Beans with fork; add chopped onion. Season to taste. Cover and bake until hot; top with shredded cheese. Bake until cheese melts. Top with diced green chilies.

## Nutrition Facts

Serving Size 1/2 Cup (130g)  
Servings About 3.5  
Calories 120  
Fat Cal. 10  
\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 1g	2%	Total Carb. 22g	7%
Sat. Fat 0g	0%	Fiber 7g	28%
Trans Fat 0g		Sugars 1g	
Cholest. 0mg	0%	Protein 6g	
Sodium 400mg	17%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%			

**INGREDIENTS:** PREPARED PINTO BEANS, WATER, SALT, CALCIUM CHLORIDE, CALCIUM DISODIUM EDTA (FOR COLOR RETENTION).

**Beef and Bean Enchiladas,**  
brown 1 lb. ground beef; drain. Add 1 can (15 oz.) Mrs. Grimes Pinto Beans, drained and chopped onion. Season to taste with chili powder, red pepper sauce or other favorite seasonings. Place mixture in center of softened flour tortillas; roll up. Top with cheese. Cover and bake until hot.

**DISTRIBUTED BY:**  
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MRS. GRIMES PROOF OF PURCHASE  
15 OZ. PINTO BEANS



We are very interested in any comments from our customers. If you would like additional suggestions or have product information questions, send the code on the can end to Mrs. Grimes Consumer Affairs Department.

