EAT SMART

Salsa and Pinto Beans

Servings: 6-8
Serving Size: ½ cup

Ingredients:
1 tablespoon vegetable oil
1 small onion, chopped
1 garlic clove, minced or ¼ teaspoon garlic powder
2 (15 ounces) cans pinto beans, drained and rinsed
1 cup salsa

Directions:
1. Heat the oil in a skillet over medium heat.
2. Add the onion and garlic and cook until tender.
3. Stir in the beans and salsa.
4. Cook for 10 minutes.
5. Serve over rice, pasta, or baked potato.

Nutrition Facts

Serving Size 1/2 cup (170g)
Servings Per Container 6-8

Amount Per Serving

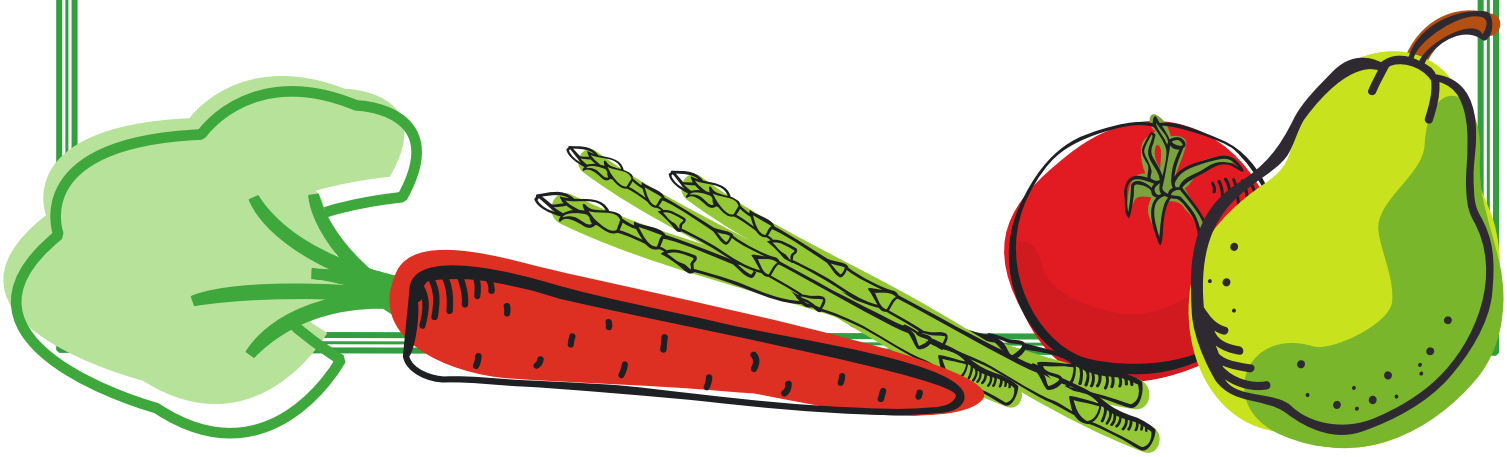
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 6g	**24%**
Sugars 2g	
Protein 6g	

Vitamin A 2% • Vitamin C 2%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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