

PantryPress

Fiesta Bean Dip

Serves: 6

Ingredients

8 oz dried pinto beans or 1 can (15oz) beans, rinsed & drained
3 cups of water or chicken broth
1 Tbsp cumin
1 tsp onion powder
1 tsp garlic powder
1 tsp chili powder (optional)
1 can (4oz) green chilies, rinsed & drained
1 can (15oz) diced tomatoes, rinsed & drained
½ cup shredded cheese (optional)
Salt and pepper to taste

Directions

1. Soak beans in cold water overnight. Drain and rinse beans the next morning.
2. Transfer rinsed beans to a large pot, add 3 cups of water (or chicken broth) ensuring that the beans are covered by at least 2 inches of liquid.
3. Add cumin, onion powder, garlic powder and chili powder.
4. Turn the heat to medium-low and cover, stirring occasionally. A slow simmer brings out the best flavor.
5. Most pre-soaked beans will take 45 minutes – 2 hours to cook. Mash beans against the side of the pot to check for doneness.
6. Add green chilis and diced tomatoes and simmer for another 5-10 minutes.
7. Smash altogether with a potato masher. Top with cheese (if desired). Serve hot, cold, or at room temperature with low-sodium tortilla chips.

Nutrition Info

144 Calories
1g Fat
27g Carbohydrates
9g Protein
85mg Sodium

Your Muscles Matter

Muscles control all movement in the body. Muscles work together with bones to help you stand up straight and move your body. Even when you are sitting still, your muscles are constantly working, you just may not realize it. Did you know muscles are also responsible for pumping your blood, helping you breathe, and moving food



through your gut? That is why it is so important to prioritize healthy muscles no matter what age you are. Having strong muscles will keep you active throughout a lifetime. Check out the recommendations below to learn more about some of the foods that support muscle health.

Protein

Protein rich foods not only help your body build muscle but also help maintain and repair the muscle tissues with which you are already working. Good sources of protein include:

- Meat
- Poultry
- Fish
- Beans/Legumes
- Nuts/Seeds
- Eggs
- Peas
- Yogurt
- Milk

Potassium

Potassium is key for muscle contraction and relaxation by keeping your muscles and nervous system working properly. Good sources of potassium include:

- Potatoes
- Bananas
- Tomatoes
- White Beans
- Broccoli
- Cooked Spinach
- Yogurt
- Avocados
- Salmon

Iron

Iron helps carry oxygen to all parts of the body, including your muscles. Not getting enough iron can cause muscle pain and cramps. Iron deficiencies may also lead to worsening muscle function and reduced muscle mass. Good sources of iron include:

- Meat
- Fish
- Beans/Legumes
- Eggs
- Dried Fruits
- Leafy Greens
- Nuts/Seeds
- Liver
- Whole Grains

Related Links:

<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/how-potassium-can-help-control-high-blood-pressure>

<https://www.redcrossblood.org/local-homepage/news/article/iron-in-blood.html>



Indiana
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