



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics

## Pinto Beans

### Preparation Instructions:

**To Soak:** Clean and rinse beans before soaking. Soak beans overnight in four times their volume in water. To accelerate, use hot water and soak at room temperature for 3 hours.

**To Cook:** Drain and rinse soaked beans, then cook in salted water or stock for 2-3 hours or until tender.

### Spicy Green Chili & Pinto Bean Soup

(This is not a gluten-free recipe)

#### Ingredients:

- |  |                                      |
|--|--------------------------------------|
| 2 diced onions                                     | 1 c. THRIVE™ Pinto Beans             |
| 4 cloves fresh garlic                              | 2 chicken breasts, grilled and diced |
| 1 can diced green chilies                          | 1 c. THRIVE™ Sweet Corn (FO)         |
| 1 c. salsa verde                                   | 1 c. pepper jack cheese              |
| 3 c. THRIVE™ Chicken Bouillon + 3 c. boiling water | 1 avocado, diced                     |
| ¼ c. cilantro                                      | corn chips                           |

Drain beans and add fresh water to cover. Add 1 tablespoon of salt, 1 diced onion, and 2 cloves minced garlic. Cook an additional 2 hours or until beans are tender. Sauté the other diced onion and garlic in a large pot or Dutch Oven. Add green chilies, salsa verde, cilantro, and bouillon. Add in the beans and chicken. Bring to a boil and simmer for 20 minutes. Top soup with chips, cheese, and avocado. Makes 6-8 servings.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)



#### Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

THRIVE™

PROTEINS



Pinto Beans

47

SERVINGS



Net Wt 74.6 oz (4.6 lb) 2115g

THRIVE™ [www.EatThrive.com](http://www.EatThrive.com)

## Nutrition Facts

Serving Size ¼ cup (45g)  
Servings Per Container About 47

### Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 28g **9%**

Dietary Fiber 18g **70%**

Sugars 1g

**Protein** 9g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 20%

\*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
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Total Fat	Less than:	65g	80g
Sat 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

## Proteins

### Suggested Storage Amount:

Store at least 60 pounds of assorted meats and beans per adult per year.

### Usage Suggestions:

THRIVE™ Pinto Beans are full of nutrition and flavor. They're great when added to soups, chilis, and burritos, and they're also fantastic as a side dish all their own!

### Shelf Life 30 years:

Best if used within 5 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened \_\_\_\_/\_\_\_\_/\_\_\_\_.

### INGREDIENTS: PINTO BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



### Distributed By:

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